This textbook, and the intensive 2-day Workplace Wellness Program built upon it, are designed to meet the needs of staff and managers in addressing the negative effects of workplace stress on their lives. Based on the latest research and best clinical practice, the text provides a 3-part user-friendly program. **Section 1** introduces and orients readers to the issue of workplace systemic and traumatic stresses and its effects on their personal and professional lives. **Section 2** provides a battery of 17 self-assessment tools formatted for photocopying. These assist readers/program participants to determine: (a) Their current levels of risk for systemic and traumatic workplace stress factors; (b) Their current levels of self care; (c) Their current symptomatic profile. **Section 3** provides effective tools to help readers develop their own personalized wellness plans.

**TABLE OF CONTENTS**

**SECTION 1: WHAT'S THE PROBLEM?**

**CHAPTER 1: Stress & Work in Corrections**
- The Unique Workplace Challenges
- The Complex Stress Model

**CHAPTER 2: Workplace Stress, Burnout, & Trauma**
- Factor 1: Workplace Systemic Stress
- Factor 2: Workplace Traumatic Stress
- Complex Stress

**CHAPTER 3: The Effects of Stress, Burnout & Trauma**
- Stress & The Body
- Gender Differences
- Factor 1: Workplace Systemic Stress Effects
- Factor 2: Workplace Traumatic Stress Effects

**SECTION 2: WHERE AM I NOW?**

**CHAPTER 4: How At Risk Am I?**
- Job Stress and Burnout Risk Assessment
- Discrimination and Sexual Harassment Risk Assessment
- Primary Traumatic Stress Risk Assessment
- Secondary Traumatic Stress (Vicarious Trauma) Risk Assessment

**CHAPTER 5: How Well Am I Taking Care of Myself?**
- Assessment: Self-Care in the Workplace
- Assessment: Self-Care in Personal Life

**CHAPTER 6: How Is The Work Affecting Me?**
- Core Stress Effects
- Specific Stress Effects

**SECTION 3: THE ROAD BACK TO WELLNESS**

**CHAPTER 7: A Personal Blueprint to Wellness**
- Constructing Your Wellness Plan
- Obstacles to Proceeding

**CHAPTER 8: Managing The Clinical Stress Effects**
- Managing Physical Stress
- Managing Depression
- Managing Anxiety
- Managing Substance Abuse

**CHAPTER 9: This is Your Life - How to Care For It**
- Emotional Self-Literacy
- The Power of Your Thinking
- Behaviors: What we Do
- Your Interpersonal Life
- Your Existential/Spiritual Life

**CHAPTER 10: Putting It All Together & Staying Well**
- Creating A Sustainable Lifestyle
- Institutional Responses to Complex Stress

**ADDITIONAL RESOURCES**

**REFERENCES**

**INDEX**