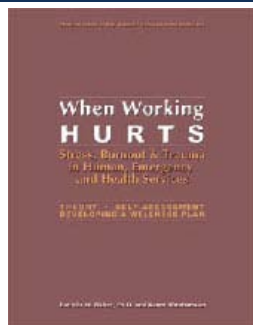


Build Capacity

Promote Resiliency

Increase Coping Skills



## WHEN WORKING HURTS™:

### Stress, Burnout & Trauma in Human, Emergency & Health Services

THEORY • SELF-ASSESSMENT • DEVELOPING A WELLNESS PLAN

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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.

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