



Workplace Mental Health Manual for Nurse Managers

Lisa Y. Adams PhD MSc RN

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This text provides a comprehensive overview, if not thesis, of the contributing factors to workplace stress and how to revisit [them] and our own mental health. How can nurses and health care workplaces expect to offer health and healing when such basic foundational human dynamics of mental health are not addressed? This work opens the door to both the dynamics and the deep dimensions of the root issues facing humanity and our places of work and play."

ó **Jean Watson**, PhD, RN, AHN-BC, FAAN (From the Foreword)

This is a wonderful addition to leadership and management personnel and a good resource for any nurse. Too often nurses hide these issues and we need to make others aware of what can occur and take steps to bring these conditions out in the open. It is definitely a worthwhile addition to any nursing library... Weighted Numerical Score: 100 - 5 Stars!" -- **Doody's Book Reviews**

Today's health care landscape has brought many changes, challenges, and even turmoil to the workplace; stressors that can threaten the mental health of even the most stalwart and resilient of nurses. Targeting the complex set of stressors found in health care work environments, this unique, practical resource describes the impact of bullying, harassment, addictions, violence, and other triggers and the resulting adverse physiological and behavioral responses in these facilities. It presents evidence-based strategies to help health care professionals cope with unhealthy work environments.

The book describes the characteristics of health care work environments that promote stress at personal and organizational levels, and their impact on the mental health of individuals working in them. It offers insight into individual and group dynamics and the role of the health care institution, workplace management, and individual employee in fostering both healthy and unhealthy work environments. The book investigates a variety of situations that can erode mental health among coworkers and offers evidence-based improvement strategies for creating healthier, more respectful workplace environments. Case studies; specific program development initiatives; and examples of personal, professional, and organizational approaches to ameliorate adverse behaviors are included. Readers of this book will be well armed to cope with any unprofessional, disrespectful behavior on the part of their professional colleagues. It will be useful in undergraduate and graduate nursing programs and health care leadership and management courses, and as a quick reference for all health care professionals dealing with mental health problems in the workplace.

Key Features:

- Presents proven strategies for improving mental health in all health care work environments
- Discusses theory and philosophical underpinnings for mental health in the workplace, including good business sense
- Provides case studies and precedent-setting examples
- Explores policy implications and program development initiatives that can be used to improve workplace environments
- Addresses legal and ethical obligations for facilitating workplace mental health

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John Sanchez:

This book untitled Workplace Mental Health Manual for Nurse Managers to be one of several books that best seller in this year, honestly, that is because when you read this guide you can get a lot of benefit upon it. You will easily to buy this book in the book retail store or you can order it by way of online. The publisher in this book sells the e-book too. It makes you easier to read this book, since you can read this book in your Touch screen phone. So there is no reason for your requirements to past this guide from your list.

Christina Vallejo:

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Margaret Phillips:

The reason? Because this Workplace Mental Health Manual for Nurse Managers is an unordinary book that the inside of the book waiting for you to snap it but latter it will surprise you with the secret the idea inside. Reading this book beside it was fantastic author who write the book in such awesome way makes the content on the inside easier to understand, entertaining means but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this ever again or you going to regret it. This book will give you a lot of advantages than the other book have got such as help improving your ability and your critical thinking method. So , still want to hesitate having that book? If I were being you I will go to the book store hurriedly.

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