



# Preventive Stress Management in Organizations

*James Campbell Quick, Jonathan D. Quick M. D., Debra L. Nelson Ph. D.*

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Originally titled "Organizational Stress and Preventive Management", this text, first published in 1984, has been revised and updated for a new generation of readers. Corporate downsizing and the increased rate of organizational change are facts of life for many working Americans, and stress at work is of increasing concern to managers, employees, and psychologists. The book presents the authors' model for managing job stress both at the individual and organizational levels, with the emphasis on the prevention of stress. It begins by discussing the sources of stress, the mechanics of stress/distress response, the consequences of stress, how to diagnose organizational stress, and prevention. Finally, the authors discuss the characteristics of healthy companies.



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