

# Fact sheet

## Reference list – Minimising and managing workplace stress

### Stress in the workplace

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### Understanding the stress response

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3. Charlesworth, E. A., & Nathan, R. G. (2012). *Stress management: a comprehensive guide to wellness*. Rev. and updated ed. New York: Ballantine Books. (pp. 421).
4. Farmstrong. (2018). *Managing stress and burnout*. Retrieved from <https://farmstrong.co.nz/wellbeing-topics/burnout>
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### Tank on empty?

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### Reducing the impact of stress – The Three Rs

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### **Finding balance: Te Whare Tapa Whā**

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2. Durie, M.H. (1994). Tirohanga Māori: Māori Health Perspectives. In Durie, M. H. (1994). *Whaiora: Māori health development* (pp 67-81). Auckland, New Zealand: Oxford University Press.
3. Durie, M.H. (1998). *Whaiora: Maori health development*. Auckland: Oxford University Press.
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NB: We have added the dimension taha whenua to Mason Durie’s Te Whare Tapa Whā model, to explicitly acknowledge the inter-relationship of whenua as the foundation for a whare, and the importance of that inter-relationship in Te Ao Māori.

### **Identifying your challenges & practicing balanced thinking**

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2. Charlesworth, E. A., & Nathan, R. G. (2012). *Stress management: a comprehensive guide to wellness*. Rev. and updated ed. New York: Ballantine Books. (pp. 421).
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### **Acceptance and change**

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### **Working backwards to a solution**

1. Allen, R.E.S., & Money, E.A. (2002). *Working well: A practical guide to building mentally healthy workplaces*. Auckland, New Zealand: Mental Health Foundation of New Zealand.

### **Switching on the relaxation response**

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