

The stress, its consequences and restrictions also known as management, isn't often a subject of interest in organizations, and not even in the organization for which we can say that have a better quality manage with human resources; that has to be done not only because people in our earth the past years were exposed to extreme stress situations whose consequences still last and will last for a long time, but also the atmosphere of the work place in many organisations is stress full. Losing the job and getting fired, low income or usually there isn't, reconstructing and privacy, largening the independency and social uncertainty, most likely are very important stress' with negative consequences for the production, creativity, flexibility and general, for the larger part of the enterprise, and also for the health condition of the employees. In order to develop successful management of stress, it is necessary to know its theoretical frameworks, the manner of manifestation, the phenomenon, the symptoms and the consequences, as well as the possibilities checked in theory and practice, the methods of its reasaving and management.



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## Managing with Stress in Organizations

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