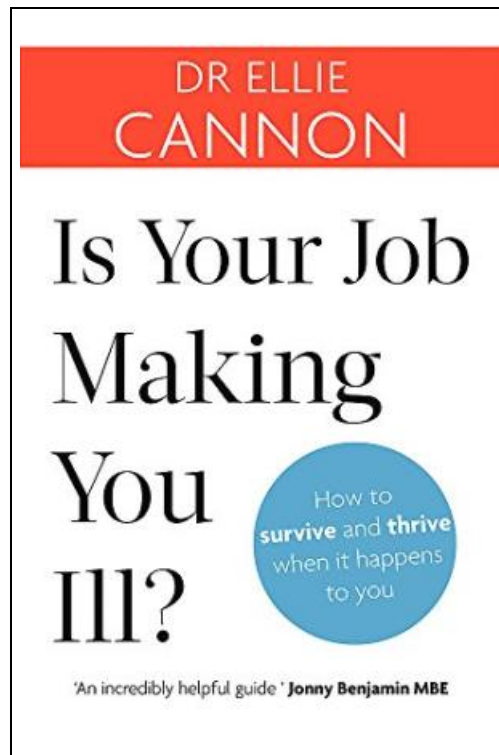


## Is Your Job Making You Ill?: How to survive and thrive when it happens to you (Paperback)



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*(Odessa Graham)*

## IS YOUR JOB MAKING YOU ILL?: HOW TO SURVIVE AND THRIVE WHEN IT HAPPENS TO YOU (PAPERBACK)



Little, Brown Book Group, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. An incredibly helpful guide Jonny Benjamin MBE Groundbreaking . . . so relatable given the current way we approach our work Amy Wall, Woman s Way What happens when the effects of work are far more detrimental to your wellbeing than a simple case of Sunday-night blues? Whether you re suffering from work-induced high blood pressure, depression, migraines, or panic attacks, Dr Ellie Cannon has the answer - and it s not quitting your job. We all have a moan about going to work: groaning about getting on the bus in the rush hour, counting down to the weekend. A gripe here and there is understandable and expected, but what happens when your job is making you mentally or physically unwell? When you are in this situation, it can be very difficult to know where to turn, who to speak to or where to find good quality help and advice. In Is Your Job Making You Ill?, Dr Ellie Cannon uses her decade of experience treating patients to create an essential resource for anybody suffering from job-related ill-health. Part one of the book lays out the key causes of job-related illness - from the pressure of an unmanageable workload to the challenges of an emotionally-draining job - and identifies the most common illnesses and symptoms which can occur as a result, including stress, anxiety, insomnia, high blood pressure and IBS. Part two will help you to find a way out. It includes a practical, self-directed programme that can be tailored to your individual circumstances, covering everything from where to find help, when (and if) to seek professional advice or take time off work, to micro-actions like improving your commute and adjusting your diet to...



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