

Dual Responsibility of Managing Stress, Eustress, Distress, Rust-Out and Burn-Out in Libraries

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Abstract

This paper highlights the causes and symptoms of stress, eustress, distress, rust-out and burnout. Suggestions on what both individuals and organizations can do to manage them are given. The paper recommends continual development of one's awareness as one of the most important general stress-management strategies regarding the type and mix of resources one needs for coping with one's source of stressors, and an organization may help towards achieving these goals by providing training programmes and counseling services.