## PSM501: Employee Well-Being



Carver, C.S. and Connor-Smith, J. (2010) 'Personality and Coping', Annual Review of Psychology, 61(1), pp. 679–704. Available at: https://doi.org/10.1146/annurev.psych.093008.100352.

Lomas, T. et al. (2017) 'The impact of mindfulness on well-being and performance in the workplace: an inclusive systematic review of the empirical literature', European Journal of Work and Organizational Psychology, 26(4), pp. 492–513. Available at: https://doi.org/10.1080/1359432X.2017.1308924.

Newman, A. et al. (2014) 'Psychological capital: A review and synthesis', Journal of Organizational Behavior, 35(S1), pp. S120–S138. Available at: https://doi.org/10.1002/job.1916.

Richardson, K.M. and Rothstein, H.R. (2008) 'Effects of occupational stress management intervention programs: A meta-analysis.', Journal of Occupational Health Psychology, 13(1), pp. 69–93. Available at: https://doi.org/10.1037/1076-8998.13.1.69.

Sirois, F.M. and Molnar, D.S. (eds) (2016) Perfectionism, health, and well-being. Cham,Switzerland: Springer. Available at: https://ebookcentral.proquest.com/lib/city/detail.action?docID=4178232.

Sonnentag, S. and Fritz, C. (2015) 'Recovery from job stress: The stressor-detachment model as an integrative framework', Journal of Organizational Behavior, 36(S1), pp. S72–S103. Available at: https://doi.org/10.1002/job.1924.

Wright, T.A. and Bonett, D.G. (2007) 'Job Satisfaction and Psychological Well-Being as Nonadditive Predictors of Workplace Turnover', Journal of Management, 33(2), pp. 141–160. Available at: https://doi.org/10.1177/0149206306297582.