Managing Stress

Please respond to the following questions along with at least 2 substantive peer replies (for a minimum of 3 posts):

* What can organizations do to prevent and manage workplace stress? How can individuals manage their own stress? What specific changes can they make?

Your initial post should be a minimum of 150 words and specifically reference the applicable elements of this week’s reading.

Whole Foods Case Study Questions

Review the Whole Foods Case Study (pp. 1-6) and answer the questions connected to Chapters 4, 5, 6, and 7 as listed below. **Responses to each question should range from 100-200 words.**  Your paper should reflect scholarly writing and current APA standards (12 point Times New Roman font, double-spacing, 1" margins, title and reference pages).  Be sure to use the text and/or other sources to support your responses and properly cite the use of such.

1. To what extent do you think training and associate learning would be more important for Whole Foods compared to other grocery stores? (Ch 4)
2. Given the nature of Whole Foods’ jobs and the way in which associates are selected, which of the Big 5 personality traits would be important for Whole Foods associates to possess?  (Ch 5)
3. Which of the motivational practices are emphasized by Whole Foods in its management system?  Tying rewards to performance?  Designing enriched jobs?  Providing feedback?  Clarifying expectations and goals?  All of these?  (Ch 6)
4. Based on the demand-control and effort-reward models of stress, are Whole Foods team members like to experience a great deal of stress?  Executives? (Ch 7)