



## La salud física y emocional del profesorado: reflexiones y experiencias prácticas

By Morón Martín, María . [et al.]

Editorial Graó, 2012. Book Condition: New. Encuadernación: Rústica Colección: Claves para la Innovación Educativa Afonía, dolores musculares, síndrome /burnout, /depresión, estrés. . . Son dolencias y malestares muy comunes en la profesión docente. Pero ¿por qué? ¿A qué se debe que sea el segundo colectivo profesional más estresado según las encuestas? ¿Se pueden evitar estos riesgos laborales? ¿Cómo? En este volumen se reflexiona sobre las causas del malestar y de las enfermedades que achacan a los profesionales de la enseñanza, a la vez que se muestran estudios sobre la relación existente entre la salud laboral y las condiciones de las escuelas y las aulas. También encontraremos maneras de prevenir los riesgos laborales, actividades y, finalmente, recursos para encarar saludablemente la profesión docente.



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