



硬扛、逃离、还是学新？ 工作压力下的积极应对之道

- 1 More Is Less: Learning but Not Relaxing Buffers Deviance under Job Stressors
/ David D. Mayer / Eunbit Hwang

Journal of Applied Psychology, 2018, 103(2), 123-136.

- 2 To Cope With Stress, Try Learning Something New
/ Christopher G. Myers / David D. Mayer

Harvard Business Review, 2018 September, Digital article.

<https://hbr.org/2018/09/to-cope-with-stress-try-learning-something-new>

challenge

stressors

hindrance stressors

meta-analyses

“ ” grind through

“ ”

get away

“ ”



“ ”

1
