CONTENTS

LIST OF CONTRIBUTORS vii
EDITORIAL ADVISORY BOARD ix
OVERVIEW xi

UNDERSTANDING AFFECT, STRESS, AND WELL-BEING WITHIN A SELF-REGULATION FRAMEWORK
   Michael Howe, Chu-Hsiang (Daisy) Chang and Russell E. Johnson 1

EMOTIONAL BOUNDARY MANAGEMENT: A NEW ADAPTIVE APPROACH TO EMOTION REGULATION AT WORK
   Renae M. Hayward and Michelle R. Tuckey 35

SELF-GUIDED ACTIVITIES FOR IMPROVING EMPLOYEE EMOTIONS AND EMOTION REGULATION
   Amber K. Hargrove, Carolyn Winslow and Seth Kaplan 75

STRESS AND EMOTIONAL WELL-BEING IN MILITARY ORGANIZATIONS
   P. D. Harms, Dina V. Krasikova, Adam J. Vanhove, Mitchel N. Herian and Paul B. Lester 103

MOTIVES FOR EMOTION REGULATION IN SERVICE WORK
   Laura von Gilsa and Dieter Zapf 133
A LIFESPAN PERSPECTIVE ON EMOTION REGULATION, STRESS, AND WELL-BEING IN THE WORKPLACE
  Susanne Scheibe and Hannes Zacher 163

UNDER PRESSURE: EXAMINING THE MEDIATING ROLE OF DISCRETE EMOTIONS BETWEEN JOB CONDITIONS AND WELL-BEING
  Cristina Rubino, Christa L. Wilkin and Ari Malka 195

SELF-CONSCIOUS EMOTIONS: A NEW DIRECTION FOR EMOTION RESEARCH IN OCCUPATIONAL STRESS AND WELL-BEING
  Carrie A. Bulger 225

RESTORING A HARD DAY'S WORK
  Melissa L. Cast, Grace Ann Rosile, David M. Boje and Rohny Saylors 257

OCCUPATIONAL STRESS RESEARCH: CONSIDERING THE EMOTIONAL IMPACT FOR THE QUALITATIVE RESEARCHER
  Angela Mazzetti 283

ABOUT THE AUTHORS 311