



# **Stress Management**

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# Objectives

- Understand the level of stress and their results
- Identify your primary style for handling stress and learn how to use other styles effectively
- Use a systematic process to managing stress
- Analyze stress situations to develop an appropriate stress management strategy



# What is Stress

Stress is the reaction of people have to excessive pressure or other types of demand placed upon them. It arises when they worry that they can't cope.

Tense

Anger

Worry

Elated

Frightene  
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Depresse  
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# Type of Stressors

## EXTERNAL STRESSORS

- Physical Environment
- Social Interaction
- Organizational
- Major Life Events
- Daily Hassles

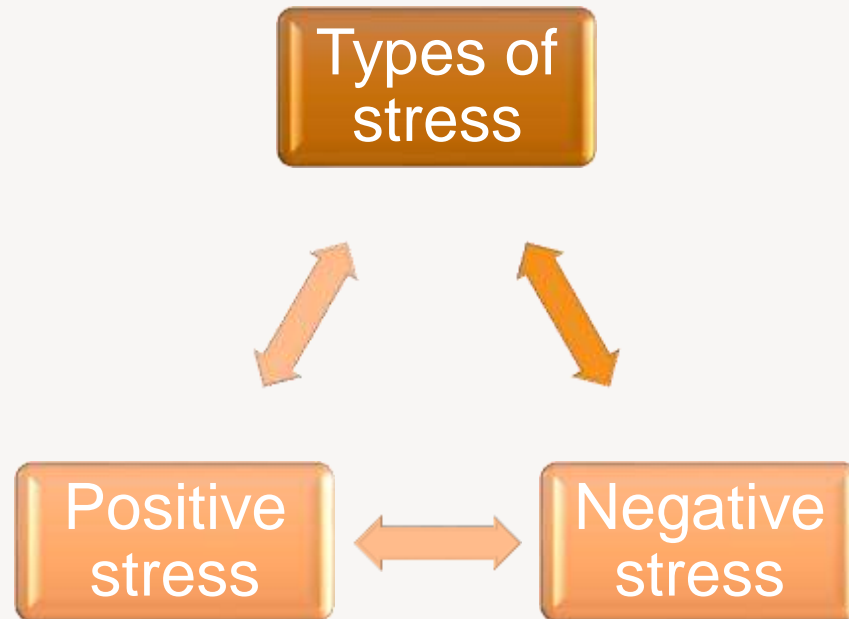


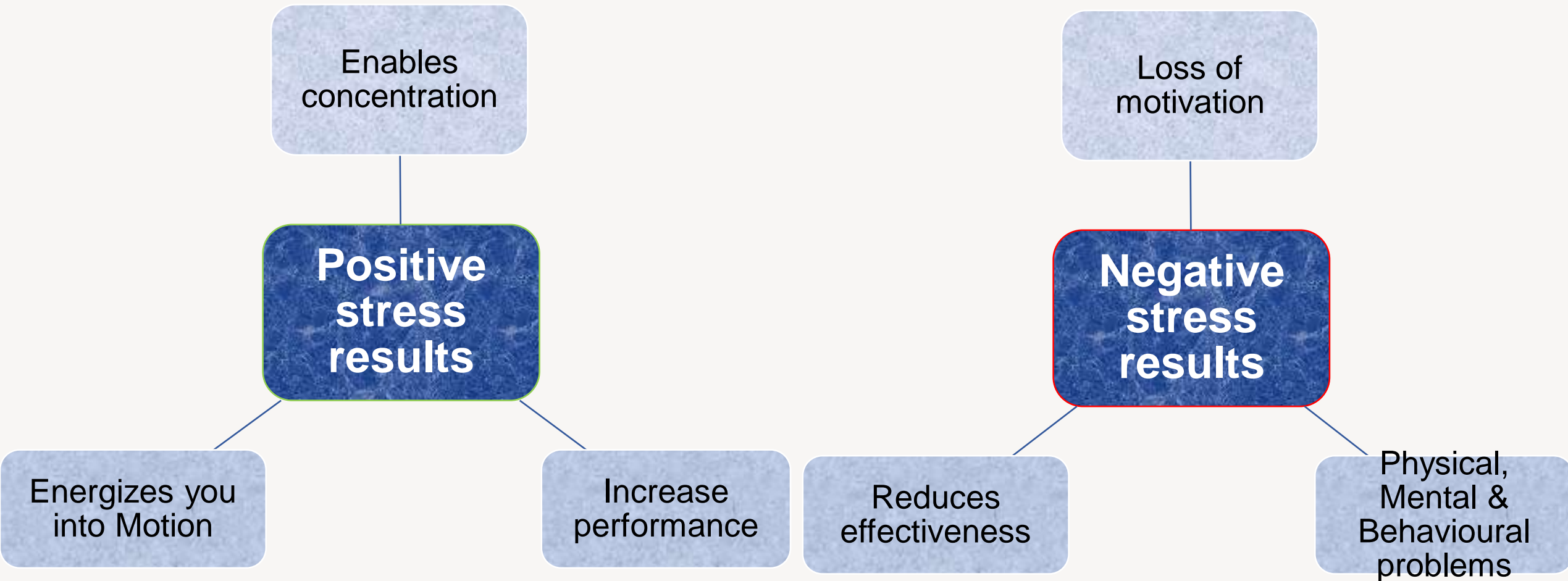
## INTERNAL STRESSORS

- Lifestyle choices
- Negative Self- talk
- Mind traps
- Personality traits

# Activity

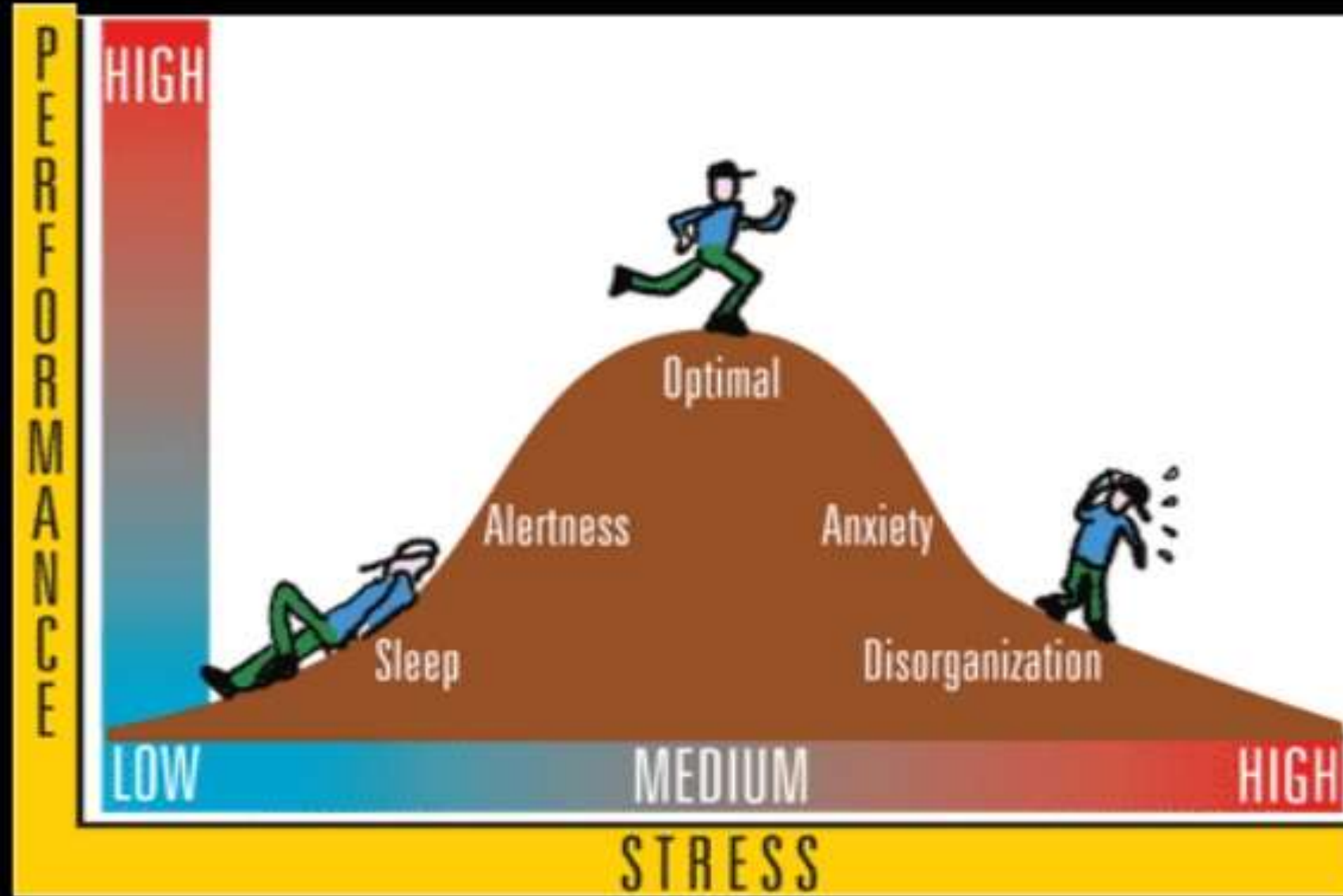
- Take a piece of paper and list down two stress – One personal & One Professional
- Do not write your name
- Collect the sheet and shuffle
- Share amongst the participants and read
- List down the common stress level and discuss amongst the team
- Solutions discuss might decrease the stress level of the members







# Stress Performance Connection





# Symptoms of Stress

- Physical symptoms
- Mental symptoms
- Behavioural symptoms
- Emotional symptoms



# Recognize the problem

The most important point is to recognize the source of the negative stress.

This is not an admission of weakness or inability to cope! It is a way to identify the problem and plan measures to overcome it.

# Group Assignment

- Highlight the level of management awareness about work-related stress and the associated risks?
- Suggest the management actions, skills and behaviours known to help prevent stress at work.
- Highlight some personal life related stress.
- Suggest some actions to prevent personal life related stress.

The members should be divided into groups and one representative should explain the points and discuss.

# Stress Control

## ABC STRATEGY



# Stress Management Techniques

- Change your thinking
- Change your behaviour
- Change your lifestyle



## STRESS REDUCTION METHODS



**SO ENJOY YOUR LIFE AS IT COMES**

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**AND ALWAYS BE HAPPY**