





WHAT IS STRESS? WHAT CAUSES STRESS? CAN STRESS BE AVOIDED? HOW TO MANAGE STRESS?

POSITIVE STRESS STIMULATES PEAK PERFORMANCE

RESULTING IN POSITIVE MENTAL HEALTH

NEGATIVE STRESS AFFECTS PERFORMANCE

BOTH
MENTAL &
PHYSICAL

PERSONAL & ORGANISATIONAL

STRESS MANAGEMENT ~

THE CASE OF Corporate Executives

IN THE CASE OF

Students, particularly

Students of MBA Programme

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Students of MBA Programme

Students' & Stress Management

MBA Students' & Stress Management

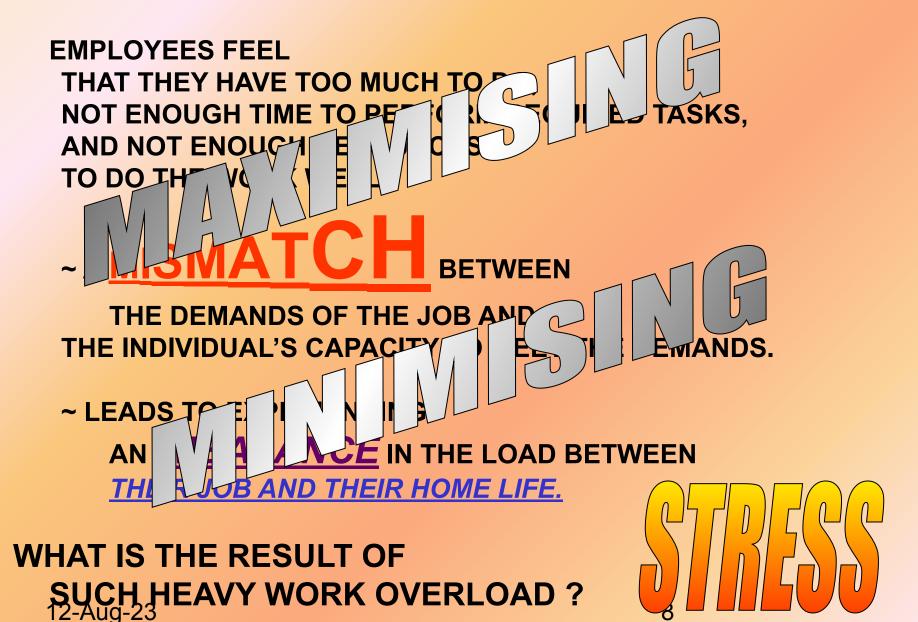
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WORK CAUSES STRESS CHANGING NATURE OF WORK &

COMPETITION CAUSES MORE STRESS

OVERWORKED, UNDER-STAFFED, **OUTSOURCING, RESTRUCTURINGS** FING TECHNOLOGY, KEEPING UPTO DATES TH EVER-INCREASTIC **ER DEADLINES,** INCREASING LEVELS OF PRESSURES FROM ALL SIDES, DECLINING LEVELS OF DISCIPLINE, DECLINING HEALTH AND ACTIVITY LEVELS, **INCREASING RESPONSIBILITIES** ON THE HOME FRONT. . .

WHAT IS HEAVY WORK OVERLOAD?



DEGREE OF MATCH OR MISMATCH

BETWEEN THE INDIVIDUAL & KEY ASPECTS OF HIS OR HER ORGANIZATIONAL ENVIRONMENT.

THE **GREATER THE GAP**, OR MISMATCH BETWEEN THE PERSON AND THE JOB, THE **GREATER THE LIKELIHOOD OF BURNOUT.**

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WHAT DO YOU THINK IS THE EFFECT OF

"LONG-WORKING HOURS CULTURE"

ON PERSONAL AND FAMILY LIFE?

Over a period of TIME, on the Corporate Efficient

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BURNOUT

- ~ FEELING OF OVEREXTENSION AND DEPLETION OF ONE'S EMOTIONAL AND PHYSICAL RESOURCES.
- ~ FEELING OF CYNICISM SETS IN A SHIFT FROM TRYING TO DO THEIR VERY BEST TO DOING THE BARE MINIMUM
- ~ FEELING OF INCOMPETENCE AND A LACK OF ACHIEVEMENT ORIENTATION DUE TO DECLINING PRODUCTIVITY

CONTD.

PEOPLE EXPERIENCING BURNOUT ~

ASK THEMSELVES:

- 'WHAT AM I DOING?'
- 'WHY AM I HERE?'
- 'MAY BE THIS IS THE WRONG JOB FOR ME!'

BURNOUT OFTEN MAKES THEM DISLIKE THE KIND OF PERSON THEY THINK THEY HAVE BECOME — DEVELOPING A NEGATIVE REGARD FOR THEMSELVES, AS WELL AS FOR OTHERS.

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STRESS HAS A NEGATIVE IMPACT ON BOTH

PHYSICAL HEALTH

[ESPECIALLY CARDIOVASCULAR PROBLEMS] &

PSYCHOLGICAL WELL-BEING ~

AS IT PRECIPITATES NEGATIVE EFFECTS IN TERMS OF DEPRESSION, ANXIETY, AND RESULTS IN LOWERING OF SELF-ESTEEM.

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WHAT IS STRESS?

Stress is your mind and body's response or reaction to a real or imagined threat, event or change.

The threat, event or change are commonly called <u>Stressors</u>.

Stressors can be internal (thoughts, beliefs, attitudes) or external (loss, tragedy, change).

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Too much stress can be distressing.

The line between eustress,
that turns you on &
the distress
that wears you out
is often difficult to distinguish.

Healthful stress levels vary greatly among individuals.

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ANXIETY NERVOUSNESS TENSION PHOBIAS PANIC DEPRESSION **SADNESS** LOWERED SELF - ESTEEM **APATHY FATIGUE GUILT & SHAME** POOR SELF – ASSESSMENT **NEGATIVE MOOD SWINGS**



DIFFUSED FOCUSSING ON PROBLEMS LONELINESS SELECTIVE INATTENTION SOCIAL ISOLATION LOWERED ABILITY TO CONCENTRATE POORER ABILITY TO MAKE DECISIONS INCREASED FORGETFULNESS IRRITATION SHOWN WHEN CRITICISED FREQUENT SELF-CRITICAL THOUGHTS **INCREASINGLY RIGID ATTITUDES** DISTORTION IN IDEAS DISTURBED SLEEP AGGRESSIVE BEHAVIOUR

EMOTIONAL OUTBURSTS LOSS OF APPETITE OR **EXCESSIVE EATING** TREMBLING LIMBS **ACCIDENT PRONENESS** INACTIVITY **HYPER TENSION** HIGH BLOOD PRESSURE CARDIAC PROBLEMS DIFFICULTY IN BREATHING **ASHTAMA ALLERGIC FLAREUPS MUSCLE CONTRACTIONS**

ACHES AND PAINS HEADACHES AND MIGRAINES **NUMBNESS** INCREASED BLOOD GLUCOSE LEVEL INCREASED CHOLESTEROL DIGESTIVE SYSTEM UPSET **INADEQUATE TIME FOR FAMILY & SOCIAL LIFE** INSUFFICIENT ATTENTION FOR FAMILY LIFE LOSS OF INTEREST AND SO ON AND SO ON ~ RESULTING VERY SOON IN

DECREASED IMMUNITY AGAINST DISEASES

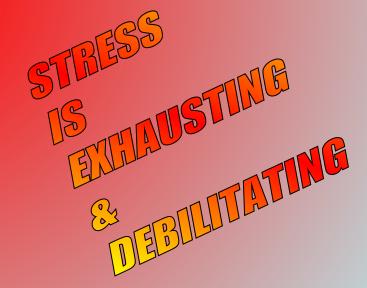
HOW TO RECOGNISE STRESS:

1. Behaviour indicators include: lack of enthusiasm for family, work or life in general, withdrawal, change in eating habits, inability to have sound sleep, sleeping excessively, anger, fatigue.

HOW TO RECOGNISE STRESS:

[CONTINUED ...]

2. Cognitive Indicators include: poor problem solving, confusion, nightmares, hyper-vigilance.



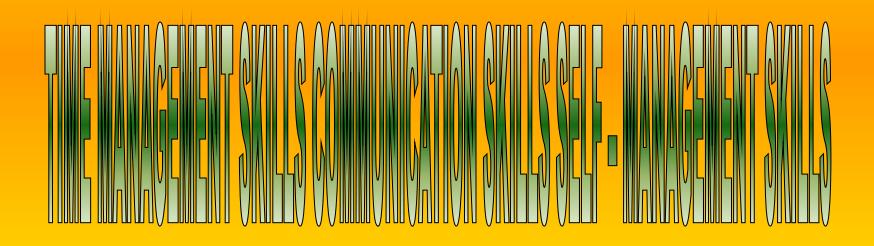
CONTROLLING STRESS :

There are many ways to reduce your stress level. **Everyone** is different, and some things will work for you more than others. Hence, Identify what works well for you.

Here are some Do's and Don'ts...

DOS

ANTIPESO VIE



ADOPT "WORK IS WORSHIP" ATTITUDE

DOS

DEVELOP POSITIVE ATTITUDE



POSITIVE OUTCOMES

DOS EXPRESS YOURSELF

[POSITIVELY]

DO NOT SUPPRESS
& ACCUMULATE
YOUR FEELINGS



DEVELOP ACCEPTANCE

RESOLVING WHAT YOU CAN CHANGE

ACCEPTING THAT WHICH YOU CANNOT CHANGE WILL GIVE YOU PEACE OF MIND BY

REDUCING STRESS

DOS

DISCOURAGE INTERRUPTIONS IN YOUR WORK

PLAN YOUR NEXT DAY PUT IT DOWN IN WRITING IMPROVE YOUR SUCCESS RATE

CARE FOR YOUR BODY

HEALTHY DIET
PLENTY OF WATER
REGULAR EXERCISE
DEEP BREATHING
6 TO 7 HOURS OF SOUND SLEEP
MEDITATION, YOGA &
PRANAYAMA

READ
ELEVATING LITERATURE

LISTEN TO
SOFT & SOOTHING
MUSIC



MOVÉ OUT INTO THE OPEN AND ENJOY

OBSERVE
SUN RISE
AS MANY TIMES
AS YOU CAN

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- BEGIN WITH A SMILE & develop a sense of humour - laugh, laugh and laugh.

- Gives your heart and lungs a workout
 - Helps you relax
 - Boosts the immune system
 - Reduces pain
 - Improves mood
 - Gives a feeling of control
 - Makes you more creative
 - Fights depression
 - Reduces anger
 - Makes you more friendly
- Helps in increased caring and sharing

DON'TS ...

NO SELF-MEDICATION PLEASE

DON'T
MIX AND MESS
OFFICE LIFE & PERSONAL LIFE

DONTS . . .

NO DRUGS
NO ALCHOHAL
NO TOBACCO
NO INDULGENCES
NO EXCESSES
NO NEW VICES

len to say "no" ₂

& learn when to say "stop"

DO NOT TAKE OUT YOUR STRESS ON YOUR SUBORDINATES AND / OR YOUR FAMILY

PROBLEMS NOT TO BE NEGLECTED

CONCENTRATE
ON THINKING OF
POSSIBLE SOLUTIONS



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YOUR SELF MANAGEMENT SKILLS

ABILITY TO DEAL WITH EMOTIONS

FOR THE BODY & THE



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HANDLING STRESS...

HAVE FAITH REGULAR PRAYER, WORSHIP & MEDITATION

REGULARLY PRACTICE
RELAXATION ACTIVITIES

MAKE UP YOUR MIND
TO CONTROL YOUR MIND



Eat wisely

Rigorous Physical Exercise regularly Improve Time Management Improve communication skills Allot time for rest, relaxation & recreation **Develop Hobbies that refresh your mind Develop Positive Attitude** Practice Yoga, Pranayama & Meditation **Avoid blaming others for situations** Avoid bad company – Smoking, Drinking etc. Keep a record of successful Stress Management Techniques Identify stressful periods and plan for them Identify the opportunities for personal growth



Your family is your Best shock-absorber

Establish and maintain a strong support network

Developing side the Office

Develop a

fects of stress

Do not REACT ... RESPOND

Please visit:

http://www.viswam-becomingbetter.blogspot.com

THONKYO

Keep a personal record

No self-medication please. Consult your physician or psychologist for professional advice

HOPE,
YOU DID NOT HAVE
ANY ADDITIONAL STRESS
BECAUSE OF
THIS PRESENTATION

PLEASE S.M.I.L.E. NOW & KEEP ON SMILING

THANK YOU
FOR YOUR
PATIENT LISTENING



PIROF. V. VIISWANIAIDIHAMI