



STRESS MANAGEMENT

***- Bharathi
Senior Faculty
Dr. MCR HRD IAP***



STRESS MANAGEMENT





is common to all



WHY STRESS???





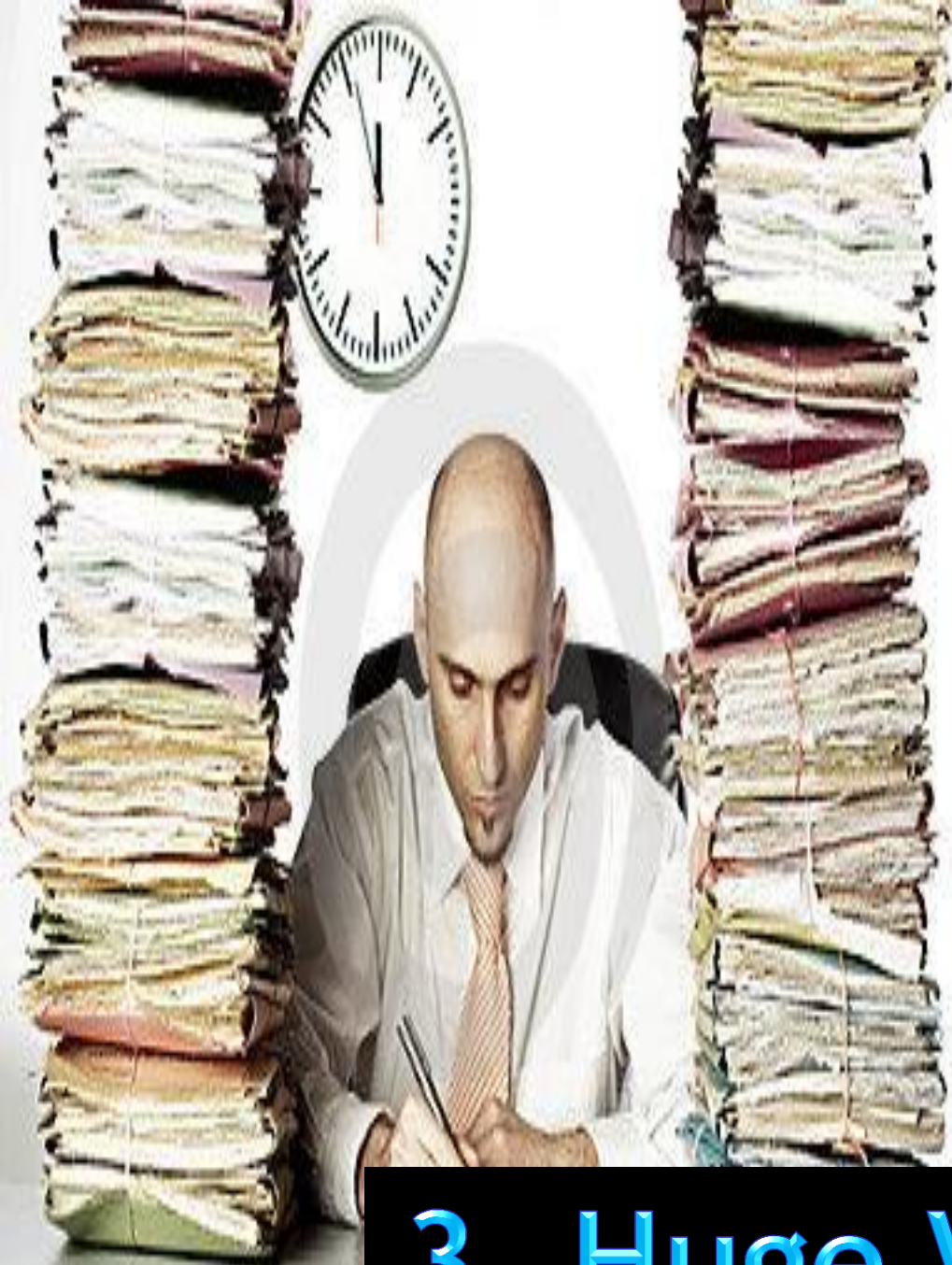
HOW STRESS IS CAUSED !!!!

1. ATTITUDE





2. Life Situations



3. Huge Work Load



<http://gif.plaatjes.nl>



4. Unsafe Neighborhood

5. Environmental stressors



6. Habits



7. Relationships



8. Finances



Health

9. Health



10. Career



11. Work situations



12. Safety



Safety matters

13. Home



Symptoms of STRESS



1.Cognitive Symptoms



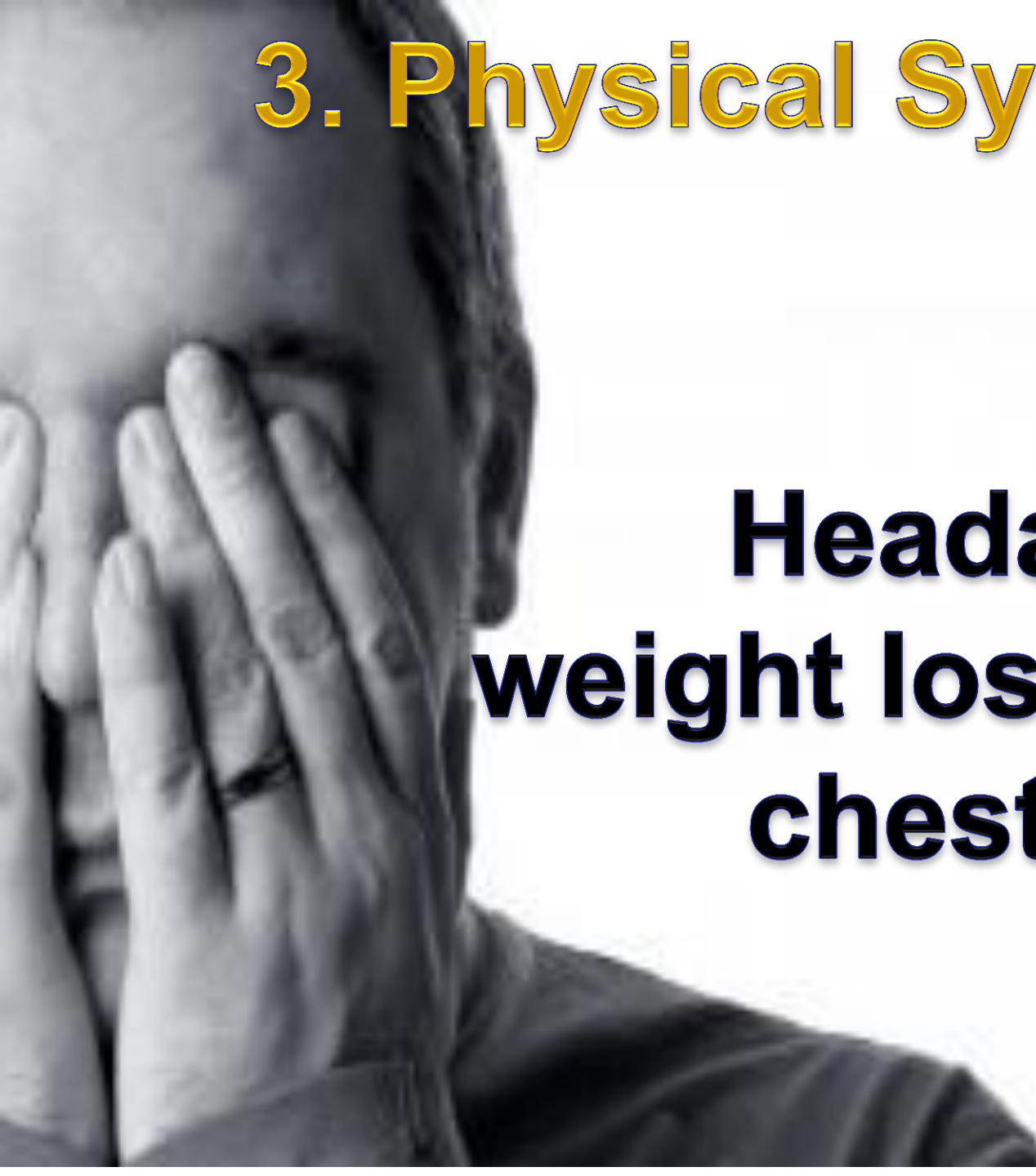
Memory problems ,
Inability to concentrate

2. Emotional Symptoms

A woman with dark hair, wearing a red shirt and a watch, is sitting at a desk. She has her head resting on her hand, looking down with a stressed or tired expression. There are papers and a pen on the desk in front of her.

Short temperament,
Irritability,
impatience,
Sense of loneliness
and
isolation

3. Physical Symptoms



**Headache,
weight loss or gain,
chest pain**



Try Physical Activity



- Reduce your pressure through physical activity.
- Physical activity
 - ✓ Reduces pressure
 - ✓ Refreshes you.
 - ✓ Energizes you.
- *Examples:*
 - Walking, Running, Gardening, Cleaning etc.

Meditate





think
positive!!

**When life puts
you in tough
situations,
don't say,
"WHY ME?"**

Just say, "TRY ME!"



Overtime Sick No Time Tired
Dread Health Headache Fear
Time Management Bills payments
Stress No Sleep Stress Debt
Anxiety Fear Work
Overdue Worry Job
Late Nights Anxiety

Give a Break

Focus on one at a time





Match work with Your Body Clock

Try to Reduce Distraction



Learn to Relax





Work-leisure Balance

Learn to Accept

- If a problem is beyond your control and cannot be solved, don't fight.
- Accept it at that moment and later you may try. Time will solve many problems



Learn to Forget



Learn to Lose



Laugh a Lot





It is o.k. to Cry



Share your Feelings



Prioritize Things

~~7+2~~
~~4~~ ①



1
1 1
3
1 3

1 4
7
1 0
2

1 4
6
1 0
3

4
9
5
1 5

Plan your

HOUSEHOLD BUDGET



Warren Buffets good advice on Wealth

Earnings : Never depend on a single source of income.

Spending : If you buy things you don't need, you'll soon sell things you need.

Savings : Don't save what is left after spending; Spend what is left after saving

Risk-taking : Never test the depth of the river with both feet.

Investment : Don't put all your eggs in one basket.

EAT GOOD FOOD



Avoid Bad Responses to Stress

- **Smoking**
- **Alcohol**
- **More Coffee / Tea**



Have Strong Desire



Enjoy the allotted work



Develop Hobbies



Read Good Books



A good book
is a true friend.



Meet Childhood Friends





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Seek Professional Help





Don't ask God
to make your
life easier, ask
him to make you
a stronger person.

**“ Sat sangatve nissangathvam
Nissangathve nirmohathvam
Nirmohathve nischala thathvam
Nischala thathve jeevan mukthihi: ”**

– Adi Sankara





040-23548487(Extn:175)

bharathi.hrd@gmail.com 54