



Stress Management

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What

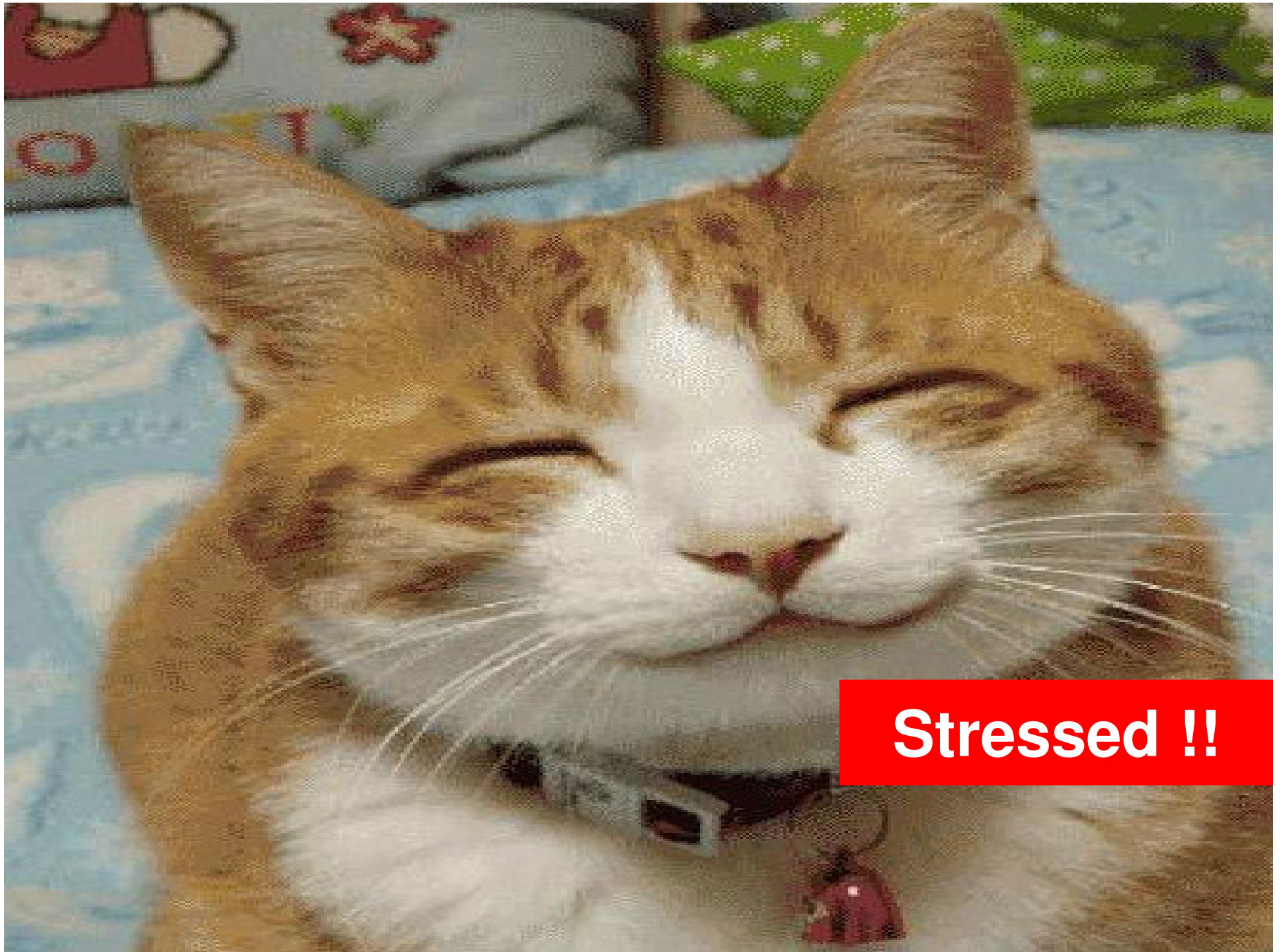
Let me guess..



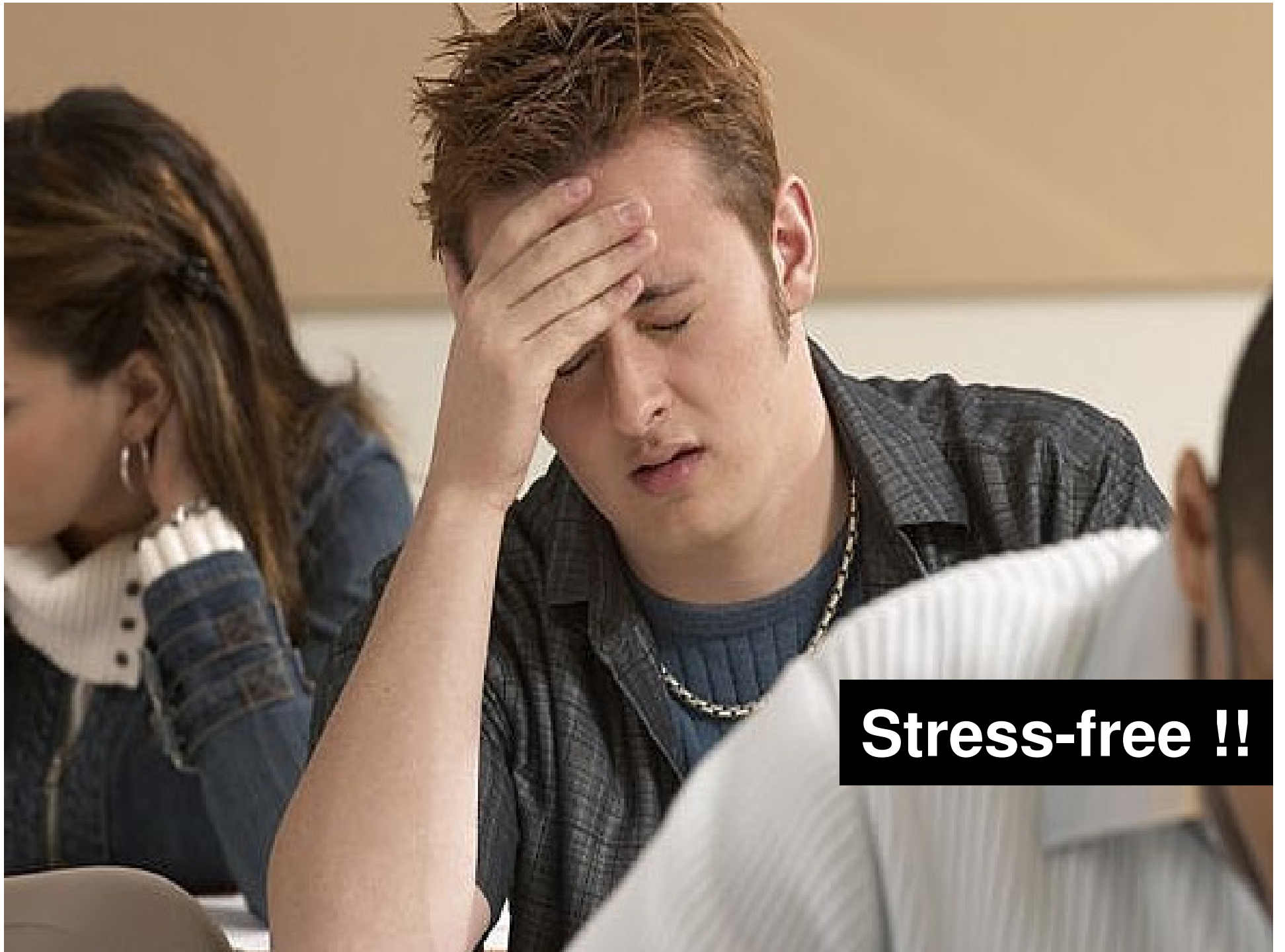
Stressed !!







Stressed !!

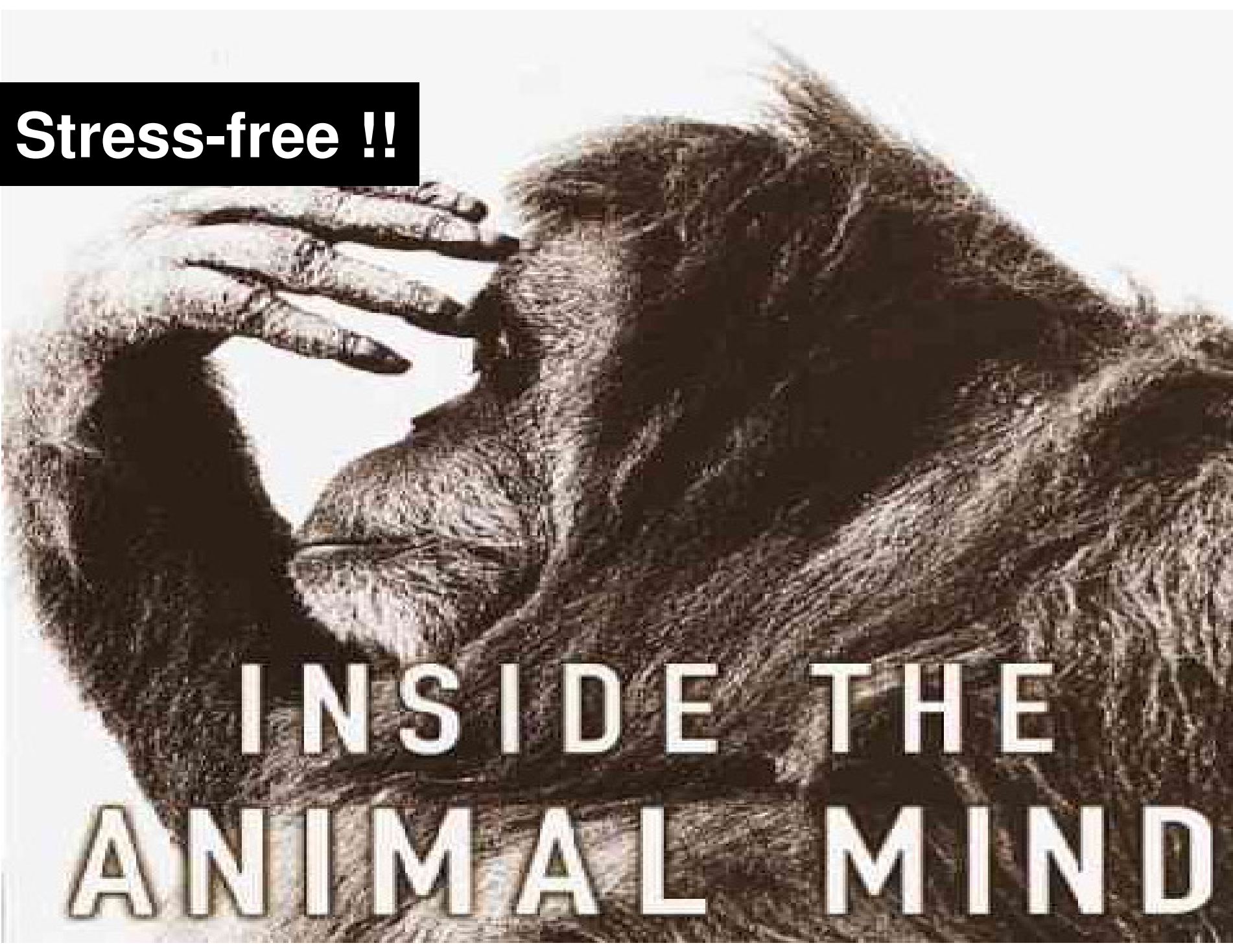


Stress-free !!

Stress-free !!



Stress-free !!



**INSIDE THE
ANIMAL MIND**



Stress-free !!

?



Stressed !!

?

**Seems it is the other way
round....**



Stressed !!



Stress-free !!

What is the definition of stress..

Stress is the **body's automatic response** to any physical or mental demand placed on it

Body automatic response!!
are we saying **there CAN BE**
positive Stress even ??

Okay, **Lets not jump the gun.....**
Will analyze one by one

P (Pressure) **>** **N** (Normal tolerance level)

Types

Negative

Positive

Negative

- Loss of motivation
- Reduces effectiveness
- Physical, mental, and behavioral problems

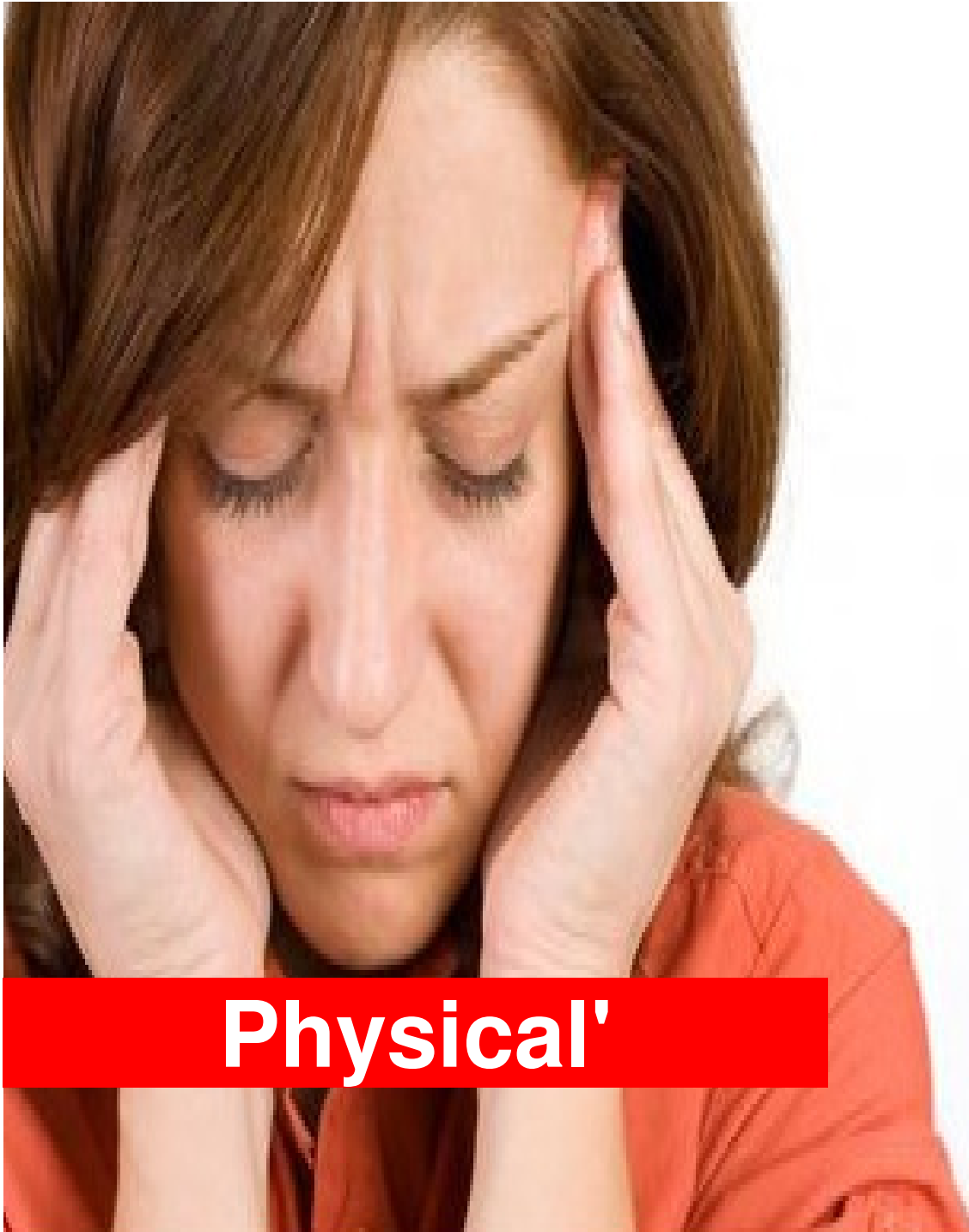
- Enables concentration
- Increases performance
- Energizes you into motion
- Provides sense of urgency and alertness needed for survival

Positive



Symptoms'

- **Physical**
- **Mental**
- **Behavioural**
- **Job Related**



Physical'

- Sleep pattern changes
- Low energy
- Digestion changes
- Headaches
- Aches/ Pains
- Fainting
- Shivering of hands & feet
- Breathlessness



- Lack of concentration
- Forgetfulness
- Difficulty in making decisions
- Confusion
- Panic attacks

Mental'



- Appetite changes - too much or too little
- Increased intake of alcohol/ Smoking, etc
- Restlessness
- Nail biting
- Deterioration of personal hygiene and appearance



- Resist going to work
- Tired all day
- Watch the clock
- Loss of concentration
- Not open to change
- Excessive absenteeism



Reason

- **External**
- **Internal**

External



- **Physical Environment**
 - ✓ Noise & Bright Lights
 - ✓ Confined Spaces
- **Social Interaction**
 - ✓ Rudeness/ Bossiness
 - ✓ Bullying
- **Organisational**
 - ✓ Rules/ Regulations
 - ✓ Deadlines
- **Major Life Events**
 - ✓ Birth Or Death
 - ✓ Lost job Or Promotion
- **Daily Hassles**
 - ✓ Commuting



Internal

- **Lifestyle choices**
 - ✓ Caffeine/Lack of sleep
 - ✓ Overloaded schedule
- **Negative self – talk**
 - ✓ Self criticism
 - ✓ Over analyzing
- **Mind traps**
 - ✓ Unrealistic expectations
 - ✓ Taking things personally
 - ✓ All or nothing thinking
 - ✓ Rigid thinking
- **Personality traits**
 - ✓ Perfectionists
 - ✓ Workaholics

Hold down...Hold down..

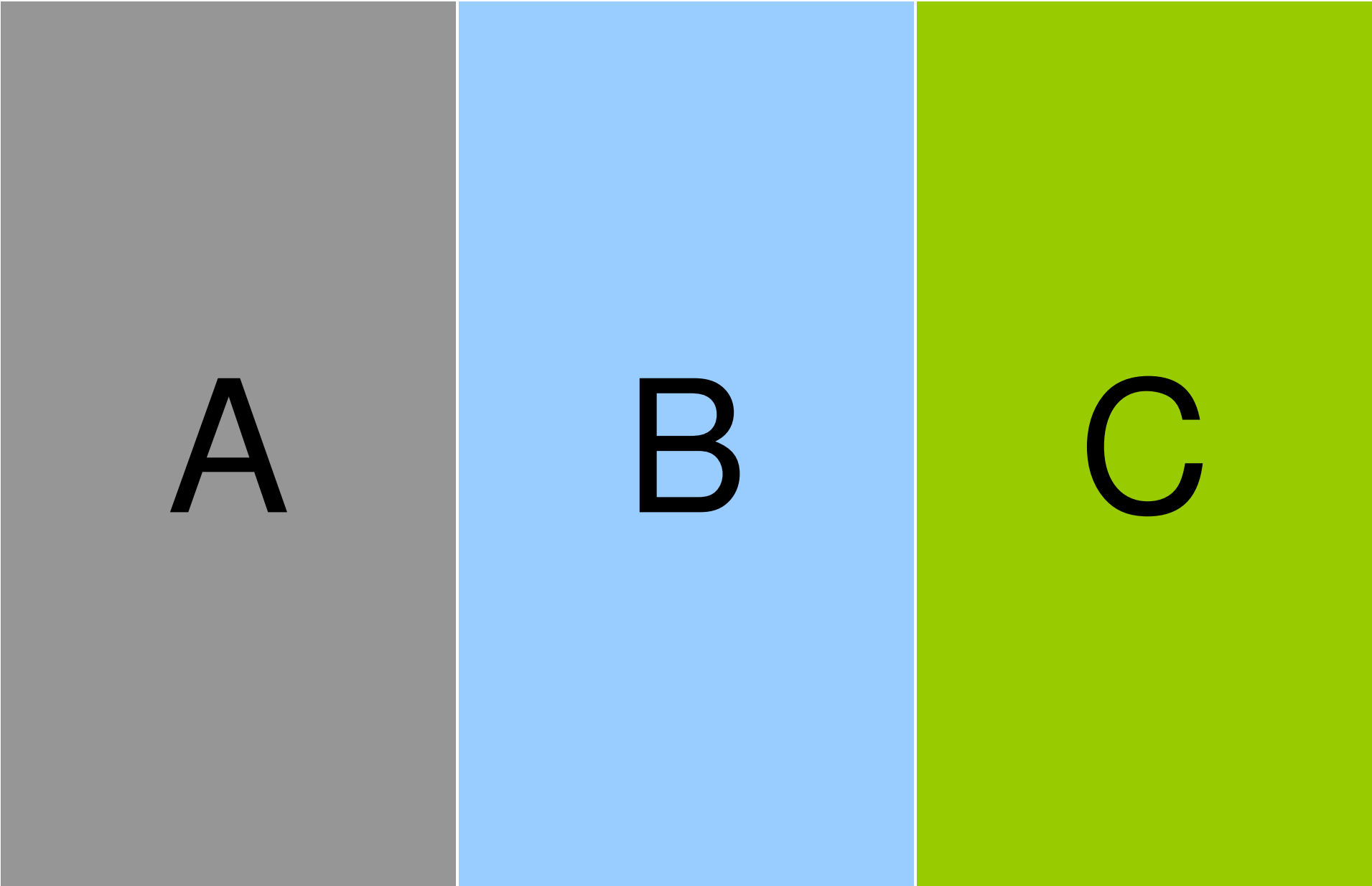
What

Why

When is fine

**but when we will talk about
management**

Okay!! lets talk about the
management part of it....



A

B

C

Strategy

AWARENESS

- Cause?
- How we react?

BALANCE

- When it becomes negative

CONTROL

- What should be done to combat

**Recognition of the source of stress is
the key, its not admission of weakness!**

It is a way to identify the problem and
prepare to overcome it....

Is there any **stress management technique**
which come handy....



Technique

- **Transform**
 - ✓ Behaviour
 - ✓ Lifestyle
 - ✓ Thinking



Images : <http://images.google.co.in/>
Content : Google + Self

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