

STRESS MANAGEMENT

Presented by: Dr. Ruma Basu Gomes

"Two rules for stress management:

"Rule one: Don't sweat the small stuff.

Rule two: It's all small stuff"

Robert Elliot



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VERDE

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WHAT IS STRESS

A physical, chemical or emotional factor that causes bodily or mental tension and may be a factor in disease causation.

Stress and stress management is a very personal, or subjective thing. It is based your personality, experience, and what has worked in the past.

Much stress comes from a feeling of powerlessness over a situation, or through conflict with others.



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Stress is not in our environment...



...it is what we perceive in our mind and body.

POSITIVE / NEGATIVE



- Stress in and of itself is *neither positive nor negative*.
- It is our *perception* of that stimulus which determines whether a situation is stressful.
- Some event that is exciting and pleasurable to one person may be painfully stressful to another.

STRESS!!!

- Eustress: Good Stress

- Getting dream job
- Getting engaged
- Winning the lottery



STRESS!!!

- Distress: Stress from bad sources
 - Difficult work environment
 - Unrealistic Deadlines
 - Threat to job



FOUR TYPES OF STRESS

1. General Stress:

- Everyone has this kind of stress
- It resolves itself within a day or two
- No intervention is necessarily required



FOUR TYPES OF STRESS

2. Cumulative Stress:

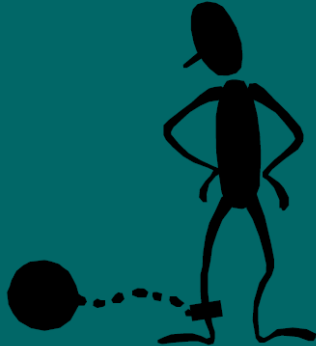
- Stress builds up in your body
- It becomes more difficult to alleviate your symptoms
- You may have more serious physical symptoms
- You may have more serious mental anguish



FOUR TYPES OF STRESS

3. Acute Traumatic Stress:

- Critical Incident Stress
- Produces considerable psychological distress
- A normal reaction to abnormal events OR
Vise-a-versa



FOUR TYPES OF STRESS

4. Post Traumatic Stress:

- Severe stress produced by severe psychological trauma
- Created by unresolved Critical Incident Stress
- Produces lasting changes



CAUSE OF STRESS

$$S = P > R$$

- Stress occurs when the pressure is greater than the resource





3
Basic Stages
of Stress ARE:

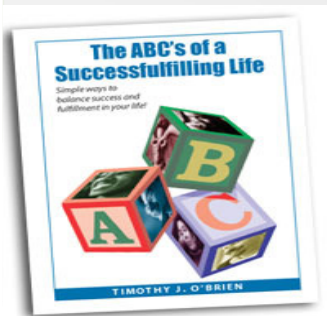
- **ALARM**
- **RESISTANCE**
- **EXHAUSTION**

STRESS MANAGEMENT

Relax

ABC STRATEGY

ABC STRATEGY



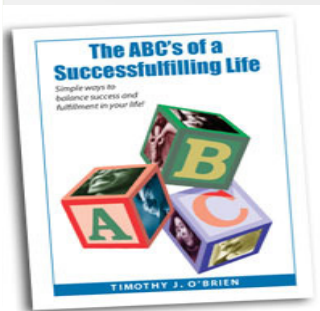
A = AWARENESS

**What causes you stress?
How do you react?**



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ABC STRATEGY



B = BALANCE

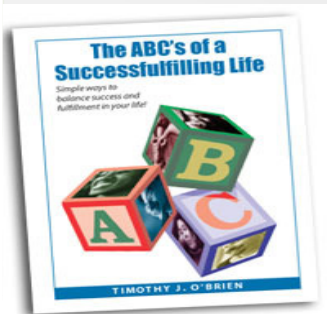
There is a fine line between positive / negative stress

How much can you cope with before it becomes negative ?



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ABC STRATEGY



C = CONTROL

What can you do to help yourself combat the negative effects of stress ?



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Work place Stress

- Reasons
- Effects
- How to handle?

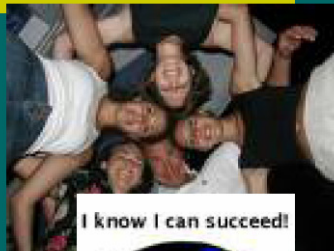
Self Management is the best way

- Change Yourself
- Have a good diet
– On Time
- Get enough sleep



Communicate

- Share your feelings
- Share your information
- With own - Positive Self Talk



I know I can succeed!



Thank You



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