

# **“Workplace Stress Management”**

# Emotions Management

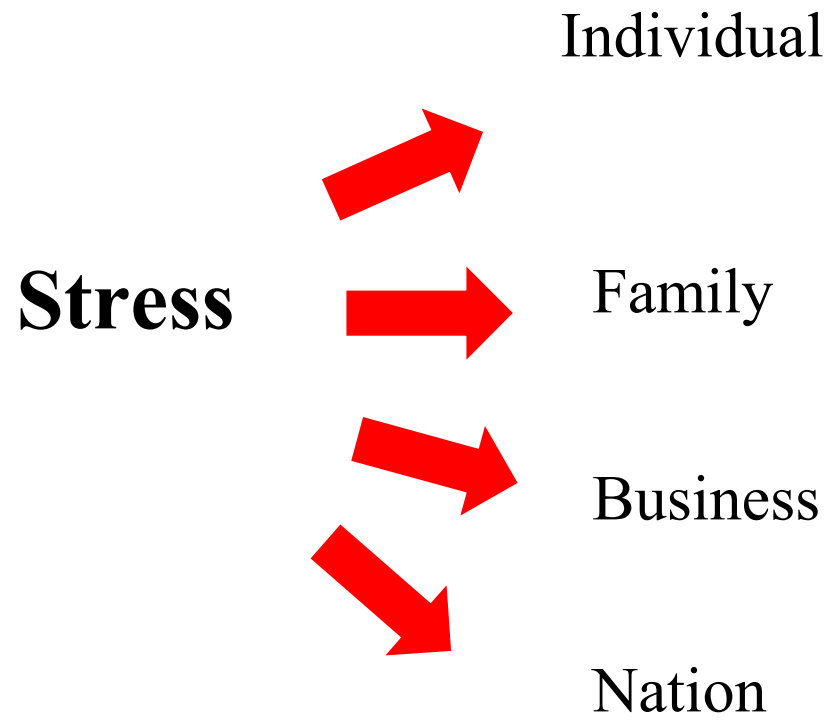
## **Definition**

**Demands exceed personal and social resources, the individual can mobilize**

# **Metallurgy Definition**

**$\Delta \text{ Stress} / \Delta \text{ Strain} = \text{Fracture}$**

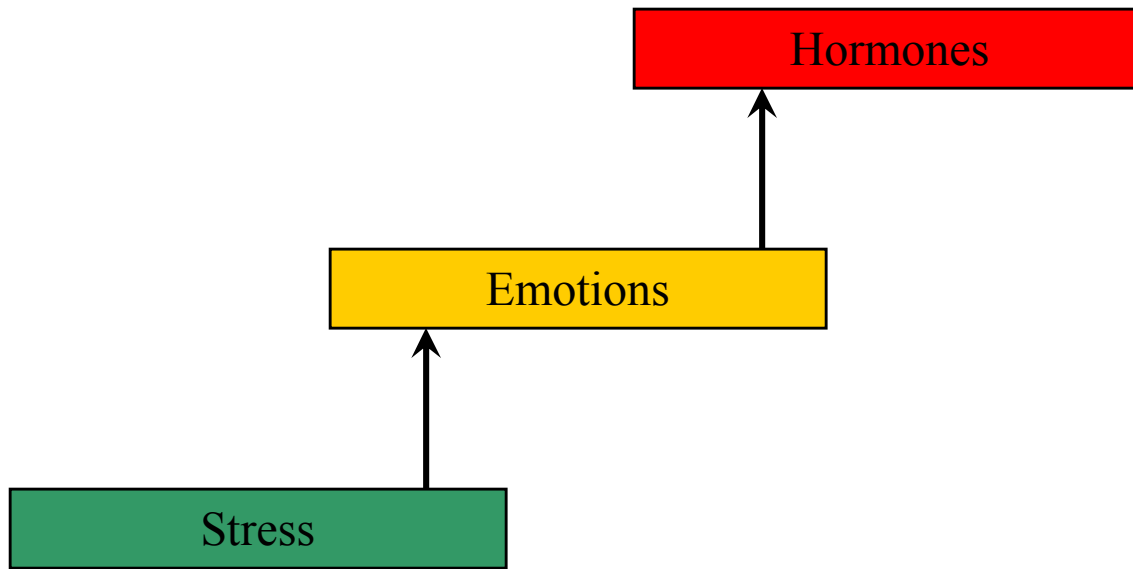
**Fracture = Heart Attack  
Stroke  
Cancer**



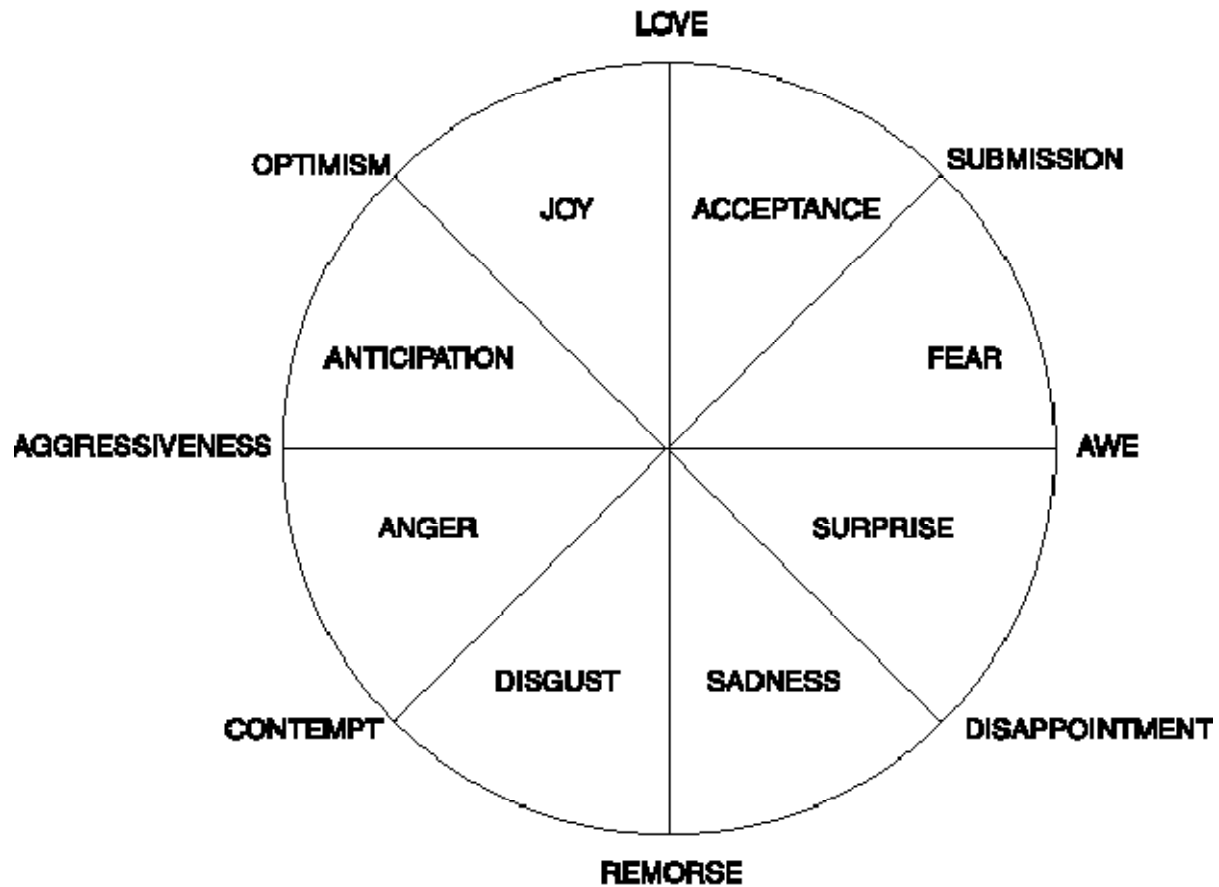
# Rise of



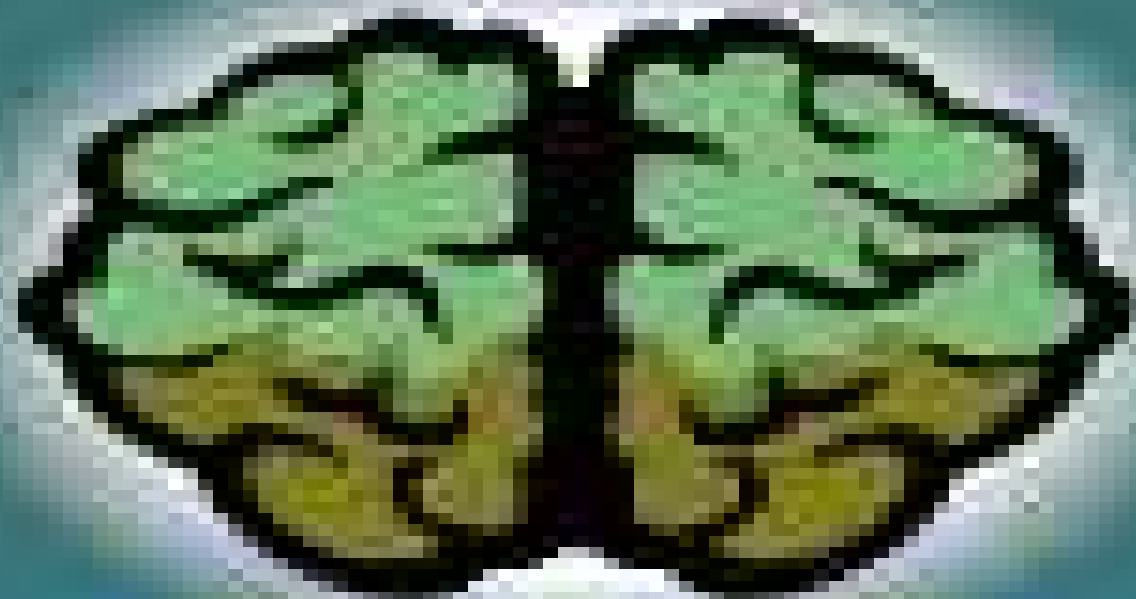
# BRIC(K)



# Plutchik's Wheel of Emotions







# The Killers

**Adrenalin –**

**Fight or Flight**

**Norpinephrine –**

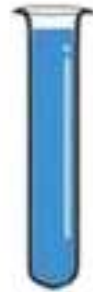
**Shifts blood**

**Cortisol –**

**Maintains the vital functions**

# CHEMISTRY OF LIFE

Schizophrenia



Anxiety



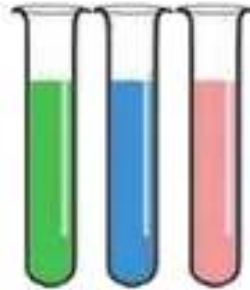
Happiness



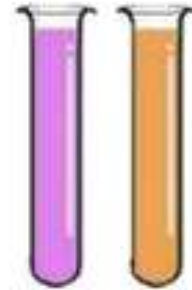
Depression






Love



Fight or Flight



-  - Dopamine
-  - Serotonin
-  - Oxytocin
-  - Norepinephrine
-  - Epinephrine

# Components of Emotion

**Cognition**

**Affect**

**Changes**

**Behaviour**

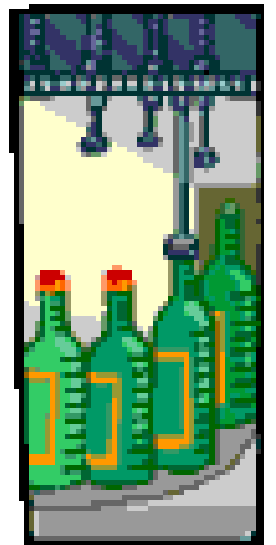
# The James-Lange Theory







© Rajeev Puri



# **Emotional Regulation**

- **Assumptions**

- **Challenge**



# Assumptions

- **Situation is relevant to our goals**
- **Situation threatens our goal**
- **We expect the situation to turn out badly**
- **Something important to us is being threatened**

# Challenge

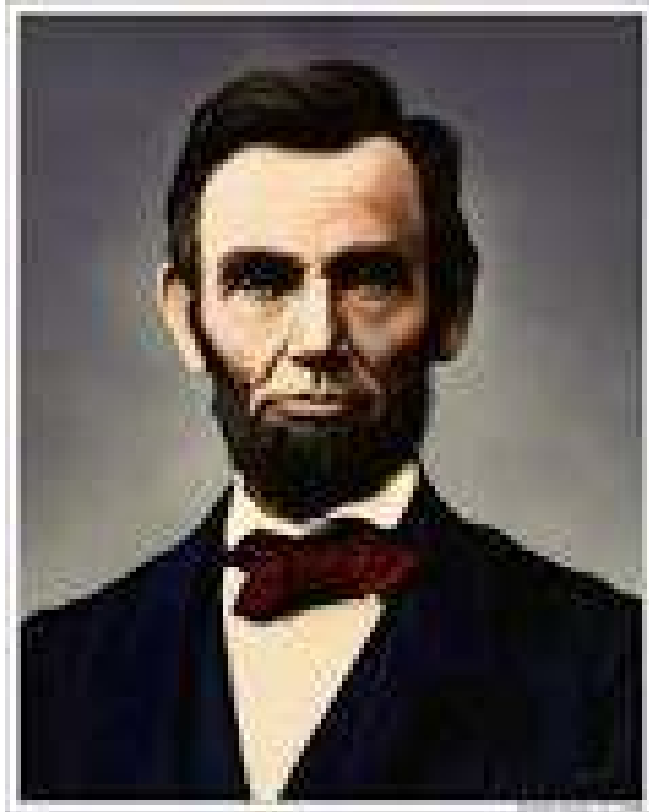
- **Relax**

- **Detach**

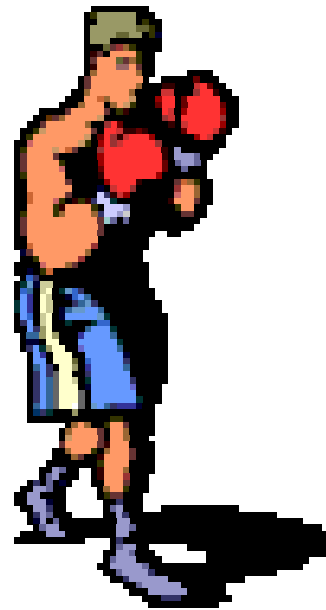
- **Challenge**

- **Untrue** - **Emotion disappears**

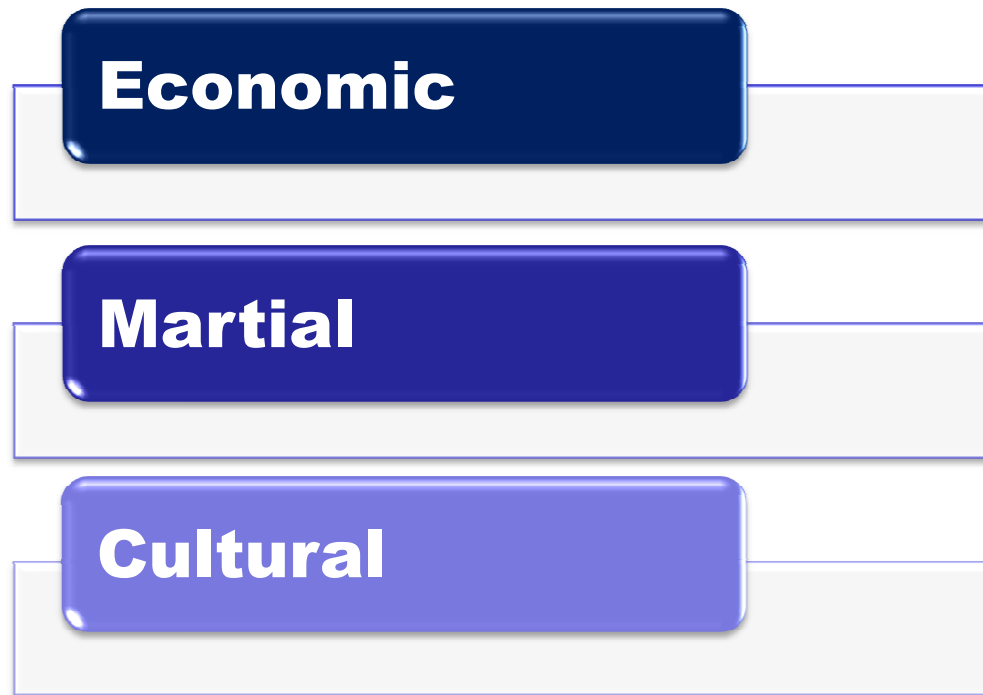
- **True** - **Fill up the gap**



**“I’m the greatest”**



# National Impact Index



# **Thank You**

**(Please visit [www.rajeevpuri.com](http://www.rajeevpuri.com))**  
**Mb. 9823631555,9370145657**  
**email : rajeev@rajeevpuri.com)**