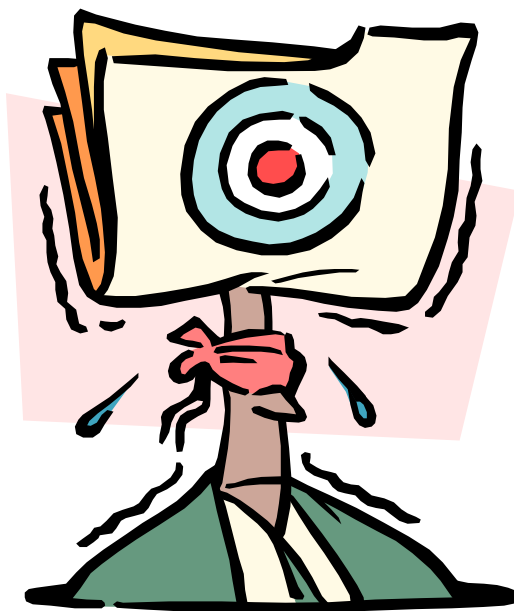


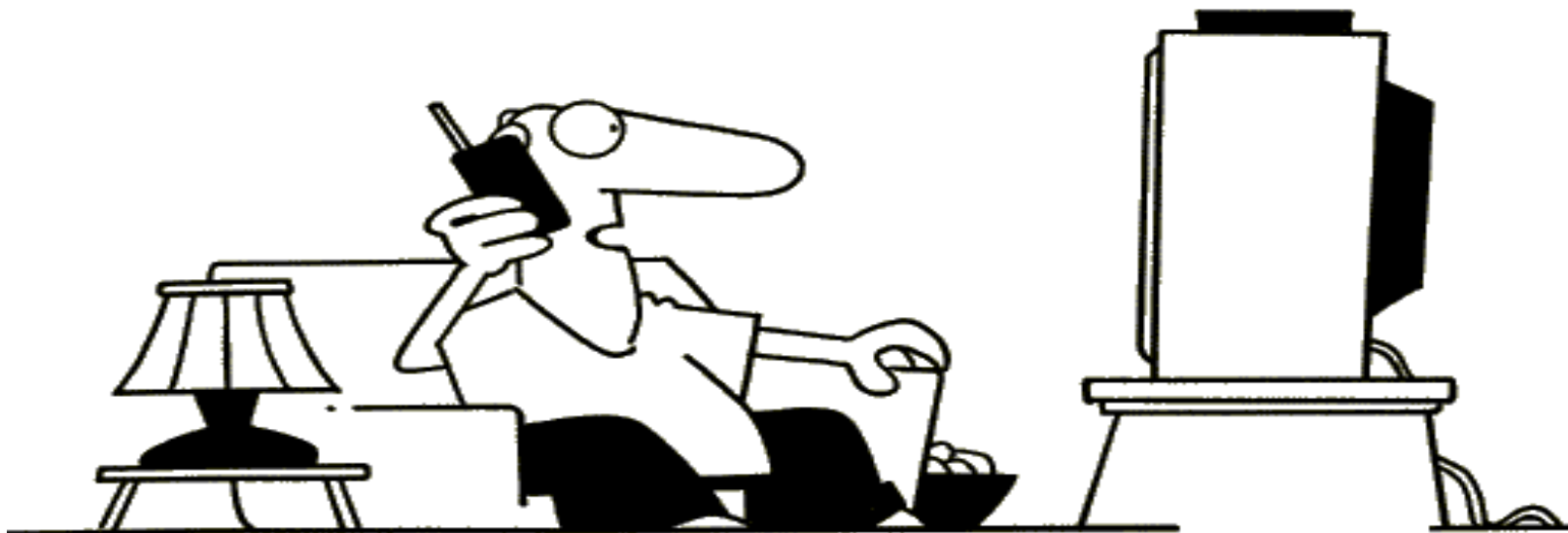


STRESS MANAGEMENT





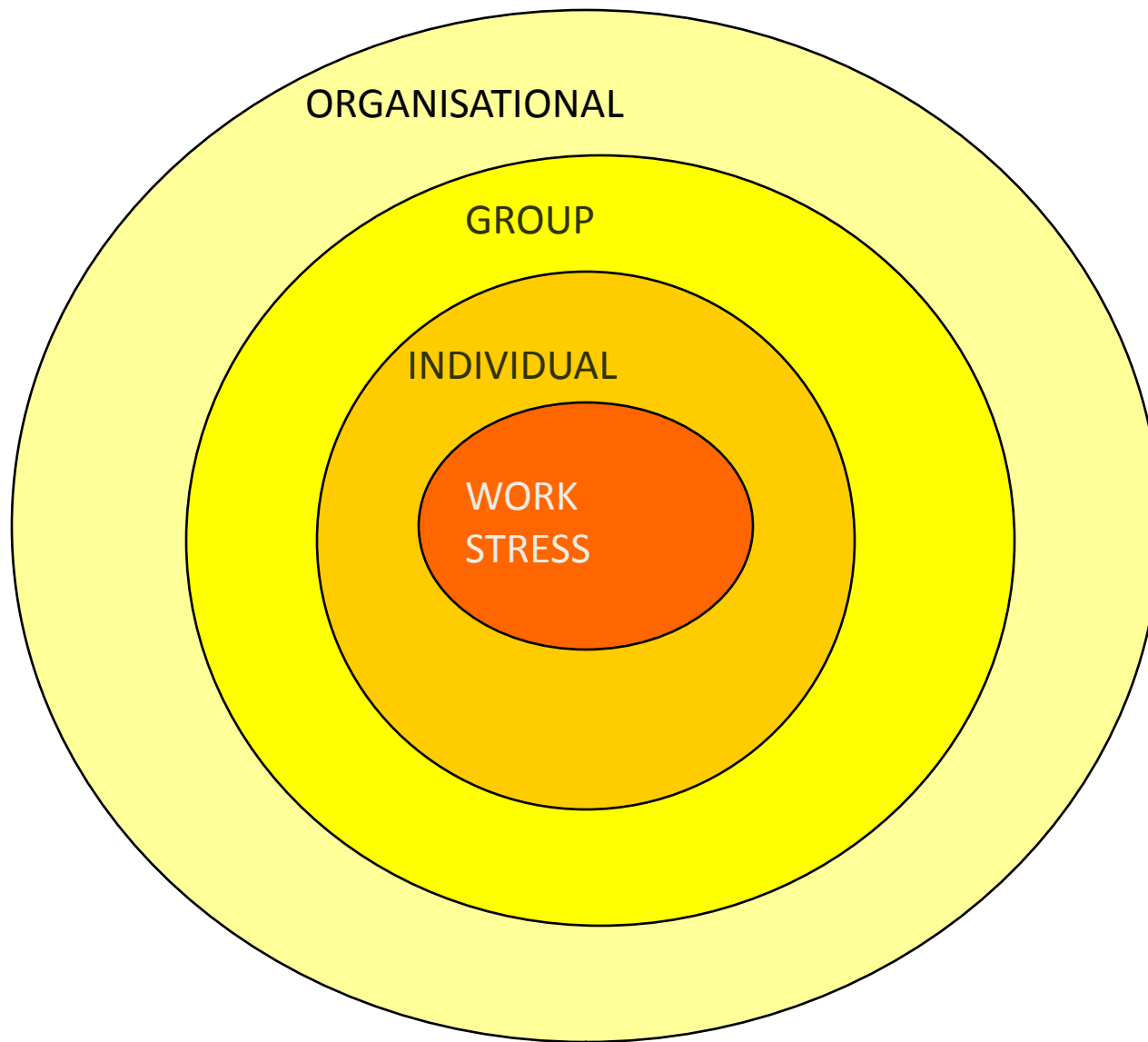
Introducing Stress Management



“I gave too much attention to my career and my family suffered. Then I gave too much attention to my family and my career suffered. Now I’m giving all my attention to Julia Roberts and I’m finally happy.”



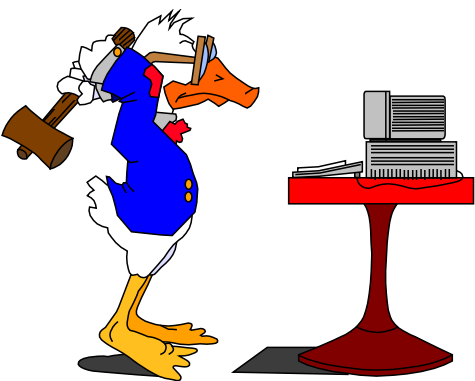
SOURCES OF STRESS





Typical Negative Symptoms of Unmanaged Stress

I Hate You

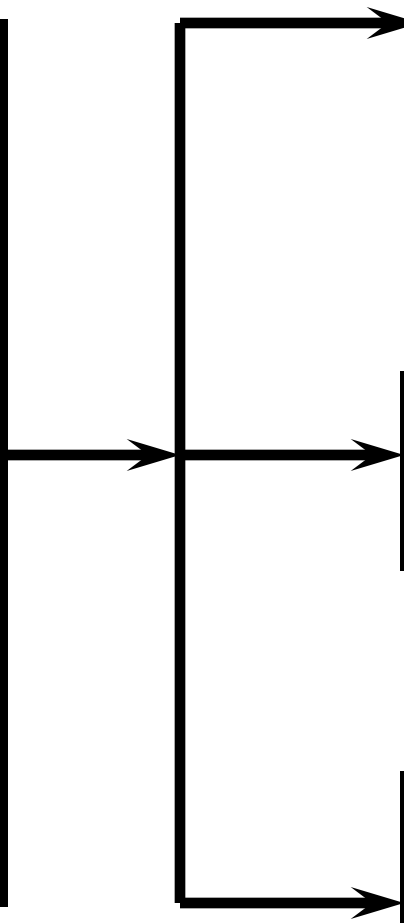


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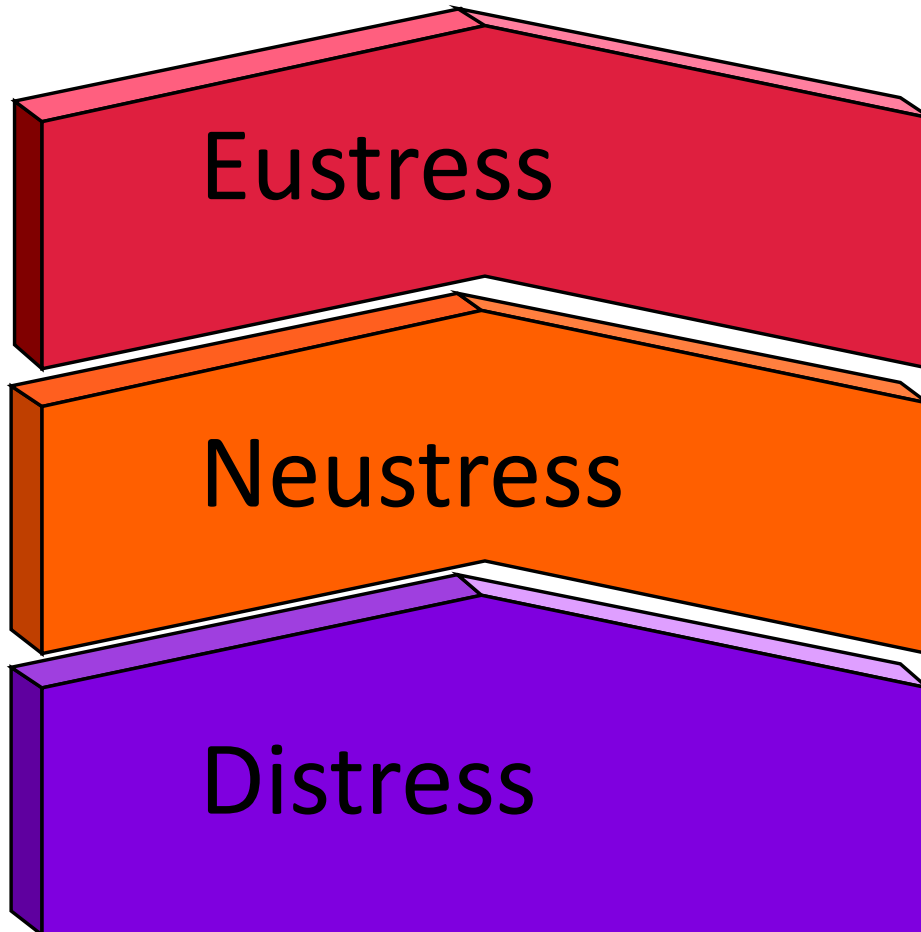
Physiological

Psychological

Behavioral

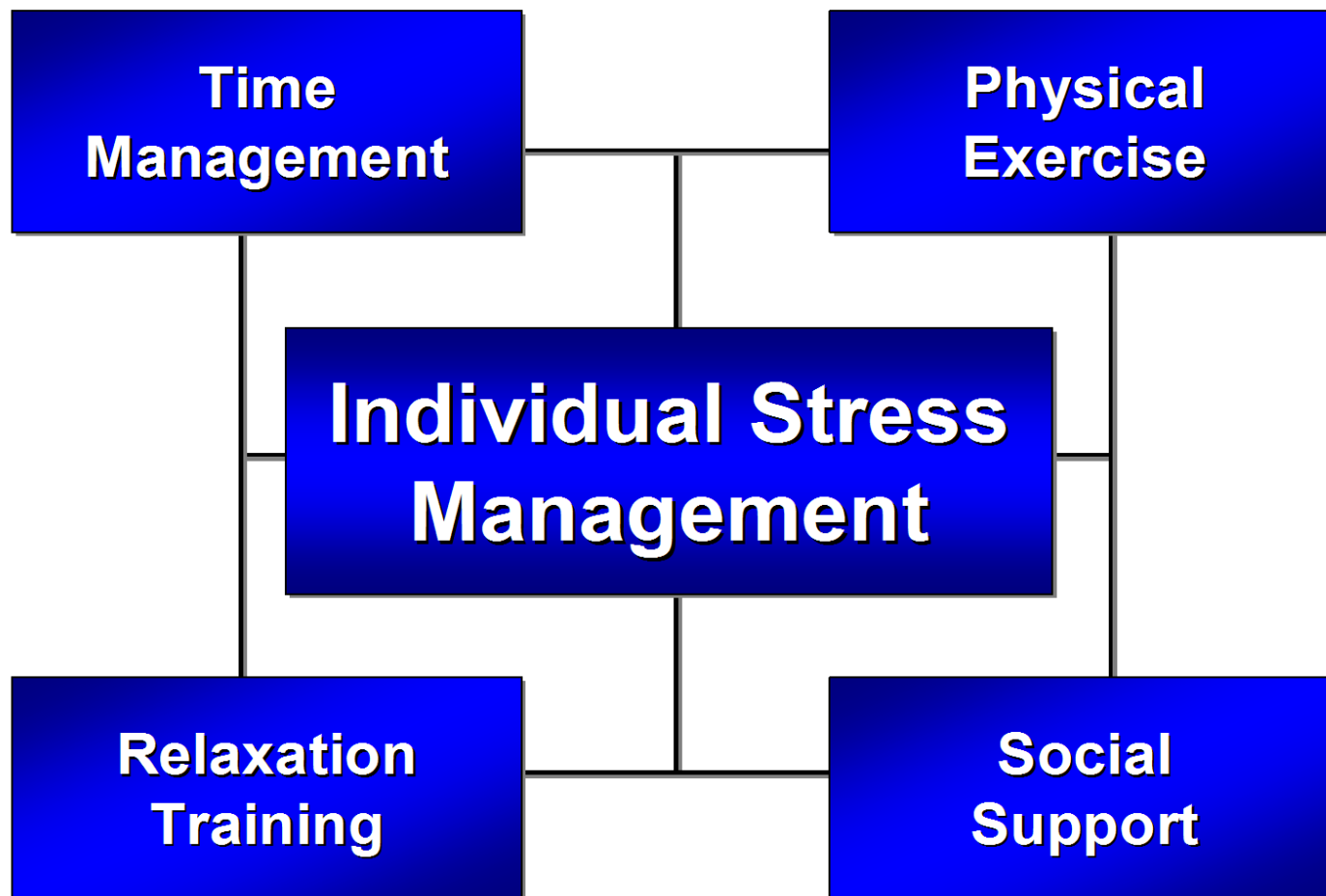


Three types of stress





STRESS
MAY NOT SKILL A PERSON
BUT IT
DEFINITELY
KILLS ONE'S
INITIATIVE
SICK DISEASE





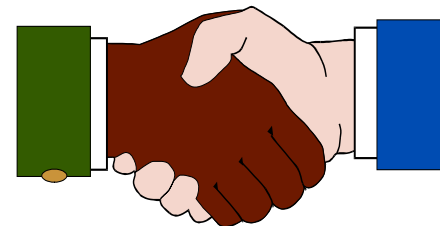
RECOMMENDATIONS FOR EMPLOYEES

- Self Monitor
- Have a constructive outlook
- Be realistic about what you can achieve
- Do your SWOT analysis
- Be yourself
- Be task-oriented
- Think positive
- Use supporter relationship
- Be patient with your self





RECOMMENDATION FOR MANAGEMENT



- Avoid conflicting rules and regulation
- Criticize but with care and thought
- Use encouragement to strengthen the weak Allow employees to share their grievances
- Ensure your employees take their holidays
- Good planning can help to defuse deadlines
- Identify and enlist the help of stress free, supportive members of staff, they can help change others.
- Use maximum natural light possible. Natural light lifts moods and prevents strain.
- Organise training program on attitude building , interrelationship building, self management.

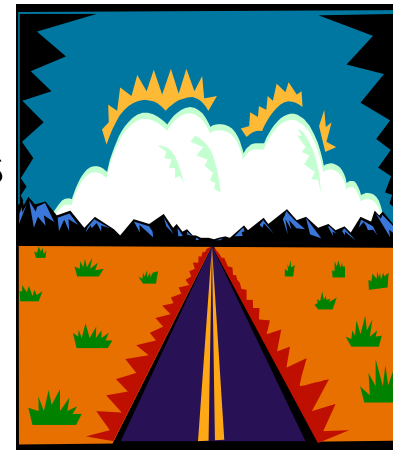


Always try to identify the stress. These regular efforts can improve health and work efficiency.

Reduce stress by

Learn how to spot your stress warning signals, and then act on them

- **Do not be afraid to talk about situations that you find stressful.**
- **Take a stroll when you are stressed- it can help restore your perspective.**
- **Try to be aware of any changes in your eating and drinking patterns.**
- **Talk truth to power**
- **Delegate work**
- **Learn from those who do not suffer from stress**





USAID
FROM THE AMERICAN PEOPLE

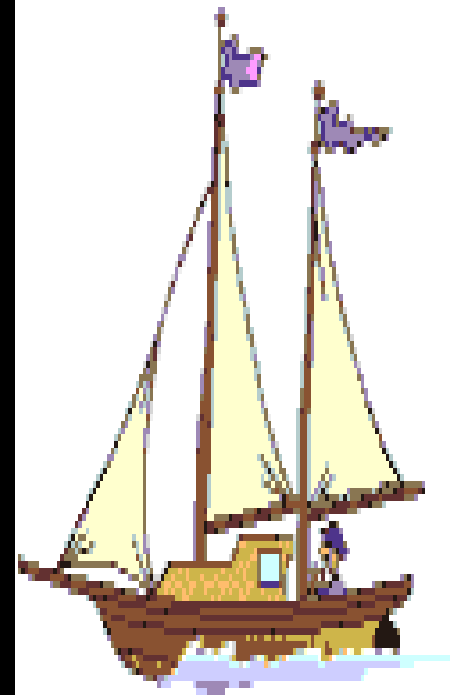
SARI / Energy

WHAT MATTERS MOST
IS HOW YOU SEE YOURSELF.





The End



THANK YOU
THANK YOU