



STRESS MANAGEMENT

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STRESS MANAGEMENT?

- It is the amelioration of stress and especially chronic stress often for the purpose of improving everyday functioning.
- Stress produces numerous symptoms which vary according to persons, situations, and severity. These can include physical health decline as well as depression

TYPES OF STRESS MANAGEMENT

- (A)Acute Stress
- Acute stress is usually for short time and may be due to work pressure, meeting deadlines pressure or minor accident, over exertion, increased physical activity, searching something but you misplaced it, or similar things. Symptoms of this type of tension are headaches, back pain, stomach problems, rapid heartbeat, muscle aches or body pain.
- (B)Chronic Stress
- This type of stress is the most serious of all the 3 stress types. Chronic stress is a prolonged stress that exists for weeks, months, or even years. This stress is due to poverty, broken or stressed families and marriages, chronic illness and successive failures in life. People suffering from this type of stress get used to it and may even not realize that they are under chronic stress. It is very harmful to their health

CAUSES OF STRESS MANAGEMENT

- Whenever our body feels something not favorable, then it tries to defend itself. If this situation continues for a long time, then our body is working overtime.
- There are several causes of stress. For example, you are under stress when you are worried about something, worried about your children, worried about the illness of your father, worried about your job security, or worried about your loans or similar things.

CAUSES OF STRESS AT HOME

- Death of spouse, family, near relative or friend.
- Injury or illness of any family member.
- Marriage of self or son or daughter or brother or sister.
- Separation or divorce from partner.
- Pregnancy or birth of a new baby.
- Children's behavior or disobedience.
- Children's educational performance.
- Not sufficient money to raise your standard of living.
- Loss of money in burglary, pick-pocketed or share market.

CAUSES OF STRESS AT WORK

- To meet out the demands of the job.
- Your relationship with colleagues.
- To control staff under you.
- To train your staff and take work from them.
- Support you receive from your boss, colleagues and juniors.
- Excessive work pressure.
- To meet out deadlines.
- To give new results.
- To produce new publications if you are in research area.
- Working overtime and on holidays.

OTHER CAUSES OF STRESS

- Fear, intermittent or continuous.
- Threats: physical threats, social threats, financial threat, other threats.
- Uncertainty.
- Lack of sleep.
- Somebody misunderstands you.
- Setback to your position in society

STRESS MANAGEMENT IN WORK PLACE

- There is no doubt that stress is one of the leading factors in illness and absenteeism among employees. Besides lowering a person's immune response, stress makes us want to avoid whatever is causing it. If there is stress at work, workers who feel mildly off will feel even worse and resist coming to work. This costs many hours of productivity, especially when key personnel or production workers are absent-in fact, it's estimated that \$300 billion is lost on stress-caused illnesses and absenteeism.
- A workplace that supports stress management through workplace wellness programs not only helps their employees to handle pressure better and stay healthier during times of stress, it also sends a message that their company cares about them. This provides emotional support as well as physical support for fighting the effects of stress.

NEED OF STRESS MANAGEMENT

- In the past decade, the news headlines have definitely made it clear that the need for stress management should be one of the top agendas in modern day society. The rages alone such as Road Rage and the trends of violent acts in life today prove a lot of it well.
- Living today is a lot tougher than it was even in the days of the great depression. It's been coming out in many ways such as all time occurrences of stomach and intestinal ulcers. Others find sleep disorders and wind up zombies during their busy days.
- Insomnia is growing in leaps and bounds.
- Today stress management is important in everyone's lives. It's necessary for long happy lives with less trouble that will come about. There are many ways to deal with stress ranging from the dealing with the causes of stress to simply burning off its effects.

ADVANTAGES OF STRESS MANAGEMENT

Business advantages of stress management:

- Less absenteeism due to stress-related disorders
- Less worker's compensation loss due to stress-related illness or accidents
- Improved job performance
- Less stressful, more efficient workplace L Improved employee attitude
- Improved employee overall health

ADVANTAGES

Health advantages of stress management:

- Decreased stress-related symptoms
- Improved sleep
- Decreased anxiety
- Decreased use of medications
- reduced pain, increased ability to manage pain r Increased ability to relax physiologically
- Increased sense of control and improved self-esteem

ADVANTAGES

Consumer advantages of stress management:

- No side-effects
Non-pharmacological N Non-surgical
- Cost-effective

DISADVANTAGES OF STRESS MANAGEMENT

- Stress can be a motivator. For example, if you're stressed out because you have a big assignment due, this may motivate you to work on it and complete it. The stress can help you to put in your very best effort. If you're afraid of losing your job, stress may encourage you to raise your own standards and make improvements you most likely would not have made without the threat of unemployment.
- Stress is a disadvantage because it can potentially raise your heart rate and weaken your immune system. Also, it can be a factor in poor decision making because under stress we may not think logically or consider the consequences of the choices we make.
- While we all experience stress frequently in our daily lives, not everyone handles it in positive ways. The key for us all is to learn what strategies and behaviors help us to cope with stress in a positive manner.

INFORMATION SOURCES

- Wiki
- Ieltsliz
- Slideshare
- Experience of working in a corporate environment for the last 5 years =)



THANK YOU!