



INTRA-PERSONAL FACET OF PD

(WORK STRESS MANAGEMENT)

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- Intra-personal facet of Personality Development
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WHAT IS STRESS?



“Stress is often termed as twentieth century syndrome, born out of mans race towards modern progress and its issuing complexities”

-By Benjamin Franklin

- Stress can have a big impact on your body, in ways that are felt by just you, and in way that the world can see.
- One of the more visible potential by-products of stress is weight gain - many people find themselves to be "emotional eaters" who react to stress by reaching for something, often the *wrong thing* to eat.
- Stress can also create a loss of appetite, which can be a problem as well.

STRESS



SIGNS OF STRESS



Probable Symptoms:

- Insomnia
- Loss of mental concentration
- Absenteeism
- Depression
- Extreme anger and frustration
- Family conflict
- Migraine, Headaches and back problems



CAUSES OF STRESS



- Job Insecurity
- High Performance Demand
- Bad Boss
- Workplace Culture
- Personal or Family Problems
- Technology



EUSTRESS VS. DISTRESS



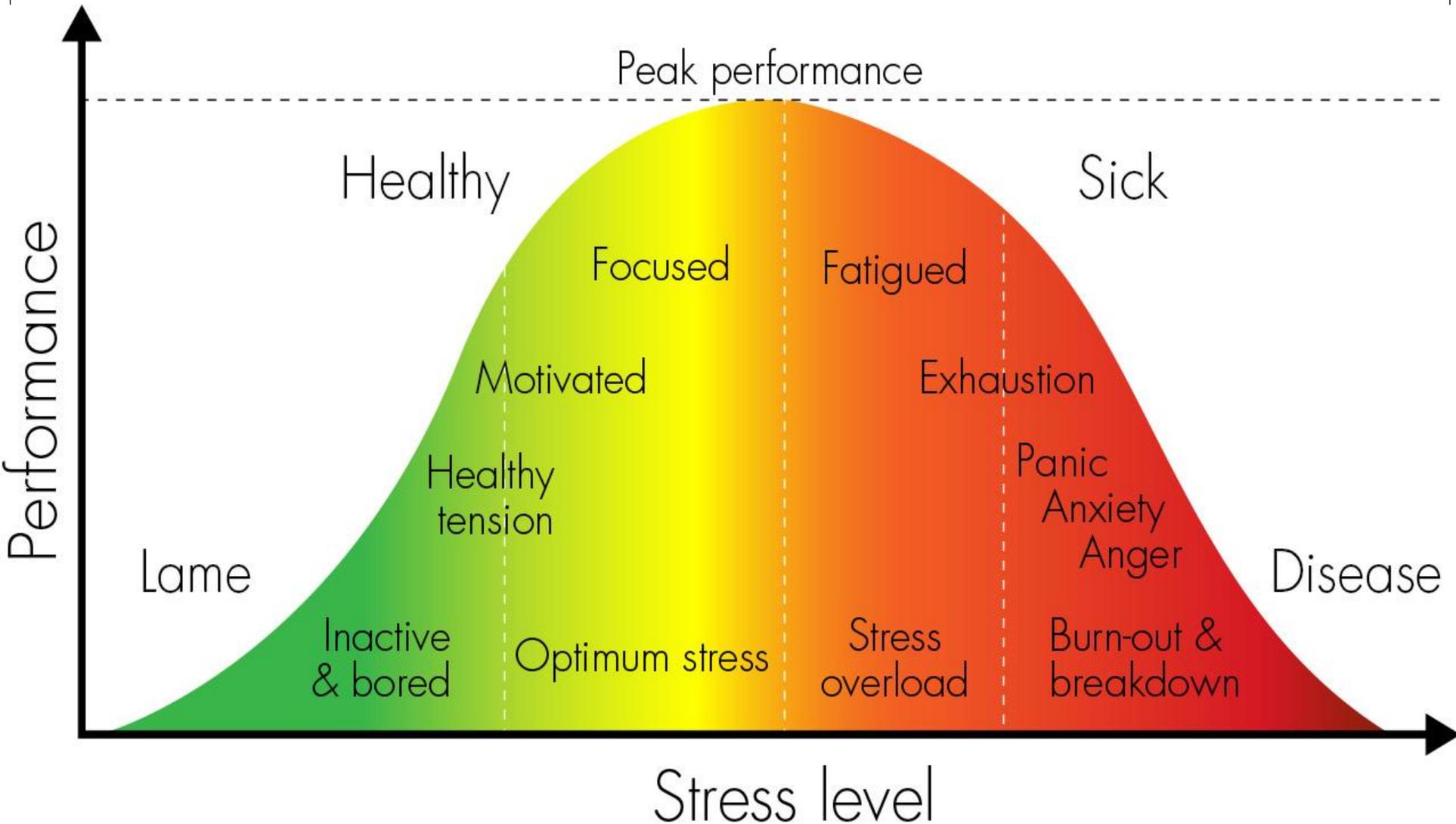
Eustress: Eustress, or positive stress, has the following characteristics:

- Motivates, focuses energy
- Is short-term
- Is perceived as within our coping abilities
- Feels exciting
- Improves performance

Distress: Distress, or negative stress has the following characteristics:

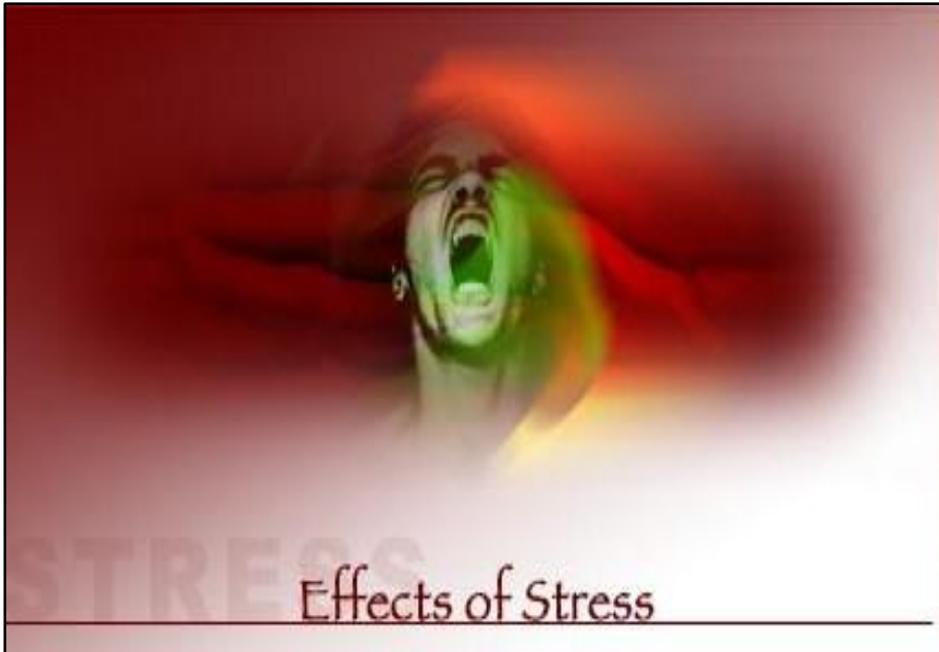
- Causes anxiety or concern
- Can be short- or long-term
- Is perceived as outside of our coping abilities
- Feels unpleasant
- Decreases performance
- Can lead to mental and physical problems

STRESS PERFORMANCE CONNECTION



EFFECTS OF STRESS

- Work-related stress can result in high levels of employee turnover.
- Employees experiencing stress are more likely to make poor decisions and casual errors.
- Workplace relations and customer service may deteriorate



STRESS BUSTERS



- Be Prepared for Changes
- Find and protect time to refresh, re-energize and re-motivate.
- Avoid giving in to alcohol, smoking and other substance abuses.
- Positive attitudes towards stressful situations in life.
- Don't be complacent.
- Sit straight and comfortably on your seat, and try breathing exercises
- Try creative visualization

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.

ADVANTAGES OF STRESS MANAGEMENT



Advantages

- 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.
- Improved employee attitude.
- Improved employee overall health

Disadvantage of stress: 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..

WAYS TO GET RELIEF FROM STRESS



- **Stop shallow breathing**
- Create the habit of deep breaths
- Visualize and communicate your vision

- **Laugh**

- Crack some jokes.
- Do your goofiest impression.
- Tickle a child that you love.



- Be aware of your choices; you always have a choice

- **Learn to say no; you cannot do everything you are asked.**

- Be thankful

- **Do nothing.** That's right, folks, do nothing at all. Close the door, open the window, have a seat, and take a little break from life. If your mind is racing, learn to meditate and just let that stress go.

- Listen to music.

Shallow **Breathing**
only Fills The Top
Part of the **Lungs.**

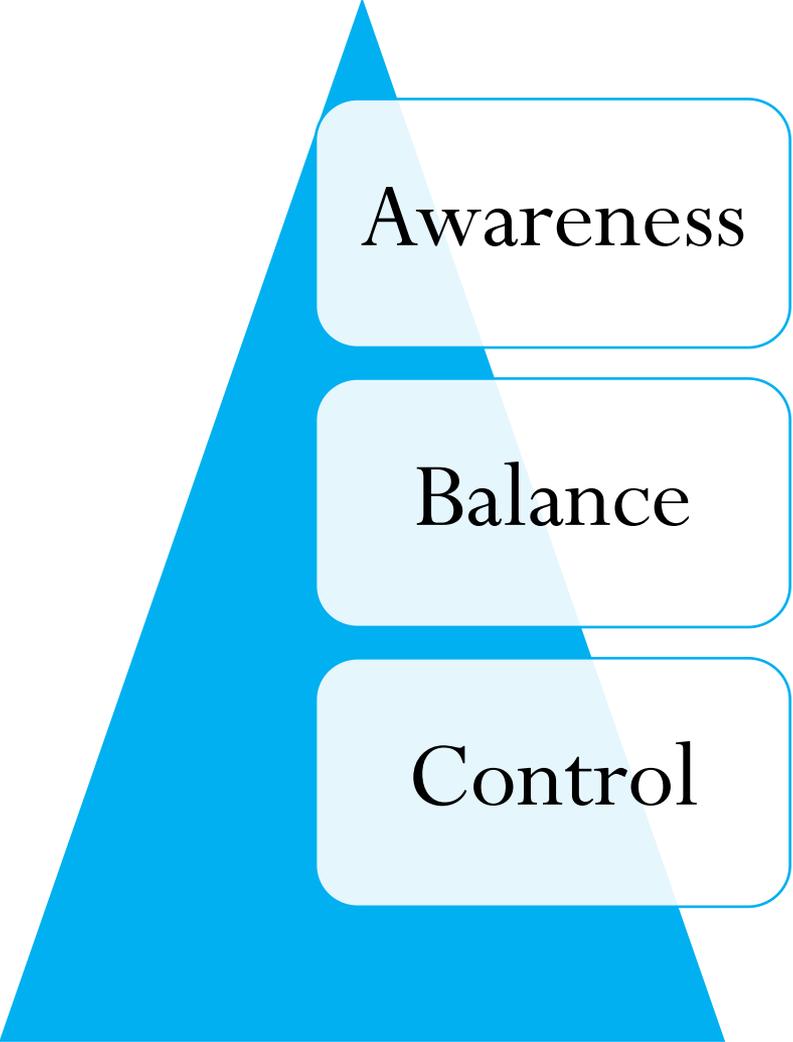
Deep **Breathing**
Fills The Lungs
Fully!

More air = More Oxygen = Improved
Health and Energy





ABC STRATEGY

A blue pyramid diagram is positioned on the left side of the slide. It is divided into three horizontal sections, each containing a white rounded rectangular box with a blue border. The top section is labeled 'Awareness', the middle section is labeled 'Balance', and the bottom section is labeled 'Control'.

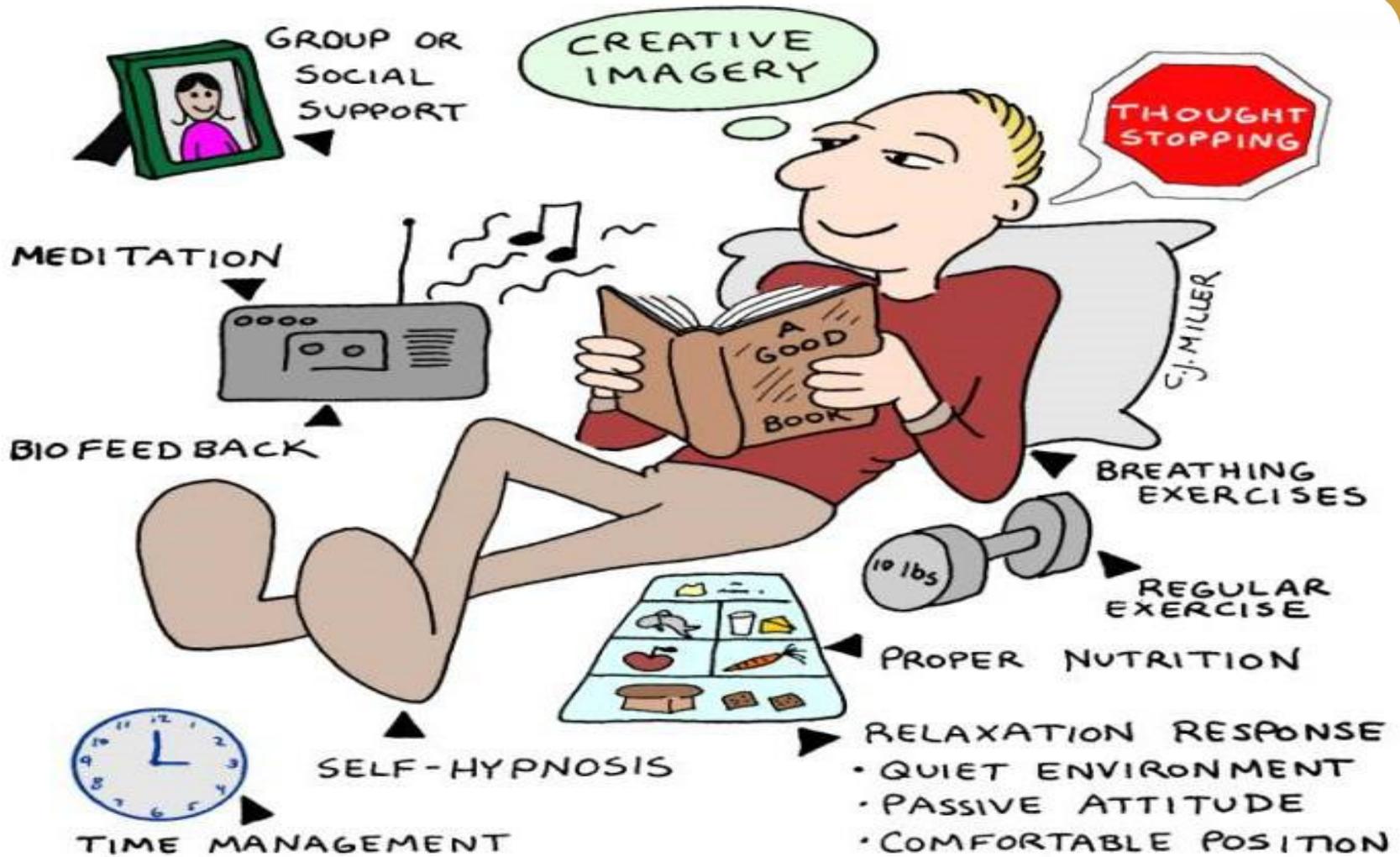
Awareness

Balance

Control

Poor management can cause a lot of stress. When you're stretched too thin and running behind, it's hard to stay calm and focused. Plus, you'll be tempted to avoid or cut back on all the healthy things you should be doing to keep stress in check, like socializing and getting enough sleep. The good news: there are things you can do to achieve a healthier work-life balance.

STRESS REDUCTION METHODS



MIND CONTROL



- Test your knowledge.
- Stress Management – anywhere, anytime
 - Try to observe your thoughts as an outsider. Take note of what’s going on, but without judging or attaching to the details. Then just let them go. They’ll come back again that’s for sure—but continue to do the same “thought watching” and they’ll slowly lessen. This is otherwise known as being “mindful.”
 - Another great tool that you have on hand at all times is the ability to tap into your senses – an old meditative trick that you can use, anywhere anytime. By tuning into your senses; See, smell, touch, taste and hear, this will automatically slow down the brain.

MIND CONTROL



Spend at least one minute on each:

- What can you see? Look close and far, colors, shapes, and light.
- What can you hear? Hear as many sounds as you can and keep looking for new ones, don't focus on any one for too long.
- What can you taste? This is less fun when you're not eating – but try to last the minute.
- What can you smell? Focus on the smells around you – what are they and how many can you find?
- What can you feel? Send your attention to the parts of your body that have contact with something, like the earth or a chair or table.

MIND CONTROL



- Another stress management tool that you can do anywhere, anytime – is a self-massage.

- Visit the clip to see how

https://youtu.be/xT5_yWzTW0o

- Or if you're looking for some background sound, put on relaxation music from link below and experience the calming effects.

<https://youtu.be/c-xE7pYgyH4>

MIND CONTROL



- Schedule time to de-stress
 - Set aside time each day (as much as you can spare) to intentionally wind down.
 - For example, the Body Scan relaxation technique works by slowing down your thoughts and bringing your awareness back to your body. <https://www.mindful.org/> is a great example for beginners.
- When you're strapped for time, this 5-minute deep breathing audio meditation is great for fast and effective stress relief:

<https://youtu.be/04PgJqJGLQc>

MIND CONTROL



- When you have a little more time, this 28-minute guided visualization exercise takes you through forest imagery to calm the nervous system:

<https://youtu.be/Zp3pZee34fo>

- For those who enjoy playing games, you can have some fun while de-stressing with Stress Relief games.
- Yoga is now a well accepted and practiced stress management technique across the globe.

<https://youtu.be/zbtKeeAa-Y>

- Bridge the gap between mind and body. This 32-minute yoga practice session is great for those needing to find balance and calm. This practice is also GREAT for preventative care.

MIND CONTROL



- For some people, group activities are the preference. You can give them a try.
- Learn more about well-being and stress on the plethora of available media platforms. The more you learn the more prepared you'll be. Dr. Elaine Ducharme gives quick tips on managing your stress. See the below link

<https://youtu.be/5nlddlhFwCU>

MIND CONTROL



- Mc. Gonigal says, imagine the power of re-thinking the way we think stress. If people reduced their stress about “being stressed,” then entire lives could transform for the healthier. What would happen if instead, we recognized stress as an important chemical messaging mechanism that aided in our survival? Visit link for complete ted talk:

<https://youtu.be/RcGyVTAoXEU>

Even just telling others how we feel when we are stressed can help us receive crucial support, and in that way, stress serves an important function.



Friendly social network



Self-limitations



Reduce the noise



Exercise

Stress Management Skills



Meditation



Time Management



Sleep Habit



Healthy Diet



THANK YOU

*"It's not stress that kills us, it is our
reaction to it."*

-Hans Selye