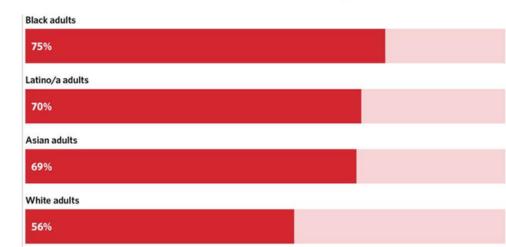
PRESSURE EFFECT





AMERICAN PSYCHOLOGICAL ASSOCIATION

Effects on Individua

VIEW OF SOFTWARE MANAGEMENT

- Pressure in SM is like trying to juggle flaming swords while riding a unicycle on a tightrope over a pit of hungry alligators.
- it's all about staying balanced, and not getting eaten alive by deadlines, bugs, and demanding stakeholders.

Reduced Qualit

Well deserved time off roject Managemen **Effort Estimation** Company Culture The Job of Emotions Yerkes-Dodson Law Arousal (Challenge and Hindrance Time Pressure) Effects

PRESSURE & NEEDS TO BE HANDLED

- The invisible force that turns everyday tasks into Olympic-level challenges and deadlines into adrenaline-fueled rollercoaster rides.
- According to the American Psychological Association, around 77% of people regularly experience physical symptoms caused by stress.

EFFECTS

PHYSTCAL EFFECTS

- Cardiovascular Issues
- Digestive Problems
- Weakened Immune System
- Chronic Diseases

MENTAL EFFECTS

- Anxiety and Depression \$\iint\simes\$
- Burnout
- Sleep Disturbances

BEHAVIORAL EFFECTS

- Substance Abuse
- Social Withdrawal

PROFESSIONAL EFFECTS

- Decreased Productivity
- Increased Errors
- Reduced Creativity
- Negative Impact on Decisions
- Unhealthy talks

ACADEMIC EFFECTS

- Test Anxiety
- Procrastination
- Difficulty Retaining Information
- Impaired Learning
- Focus Problem





Pressure

QUESTIONS ??

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EFFECT ON SOFTWARE PROJECT

Feeling great

Decreased Decision-Making Quality: Our brains go from "genius coder" to "caffeine-fueled coin flipper" mode.

Feeling burnt out!!

- Increased Risk of Errors: It turns coding into a game of "find the bug" where everyone loses, especially the timeline.
- Erosion of Team Morale: It turns our dream team into a support group for stressed-out developers – next meeting: never.
 - Compromised Quality: Bug-free software into a digital equivalent of Swiss cheese – full of holes and nobody's smiling.
- Gender and Cultural Differences: In management, gender and cultural diversity impact a lot.

RESSURE HANDLING BRAIN POWER

STRATEGIES FOR SOFTWARE

MANAGEMENT

• Introduce strategies for maintaining composure amidst chaos.

• Use a ninja character with coding symbols, emphasizing the

WIDELY USED TECHNIQUES

AGILE METHODOLOGIES:

• Emphasize iterative development and feedback

EFFECTIVE COMMUNICATION:

• Utilize regular meetings and daily stand-ups.

RISK MANAGEMENT PRACTICES:

- Proactively identify and mitigate risks.
- Implement risk assessment and tracking.

TIME MANAGEMENT STRATEGIES:

- Prioritize tasks and set realistic deadlines.
- Use time-tracking tools like Trello or Asana.

STRESS REDUCTION TECHNIQUES:

- Practice mindfulness meditation and take regular breaks.

Execution

BOOM

CONFLICT RESOLUTION SKILLS:

• Practice active listening and empathy.

ADAPTIVE LEADERSHIP:

• Remain flexible, empathetic, and supportive during pressure.

TASK DELEGATION:

• Prioritize tasks to team members' strengths.

CELEBRATING ACHIEVEMENTS:

• Recognize and celebrate milestones and successes.

CONTINUOUS IMPROVEMENT:

• Implement improvements based on past experiences.

4. THE PM JUGGLER

- Depict project managers as expert jugglers.
- Use visuals of project tasks as juggling balls, highlighting the multitasking nature of project management.
- 5. TEAM BONDING MAGIC
 - Emphasize the importance of team spirit.
 - Use a magician with a team hat, symbolizing the magic that happens when the team collaborates effectively.

2. DEBUGGING OLYMPICS

need for a calm and focused mindset.

• Turn debugging into a lighthearted competition.

1. THE CODE NINJA'S GUIDE TO ZEN

• Create a visual of developers with debugging medals.

3.AGILE GYMNASTICS

- Showcase the flexibility of Agile methodologies.
- Use gymnasts performing agile moves, symbolizing the adaptability required in project management.

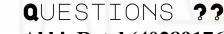






Communication Plan

Risk Management



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SWEAT