Stress

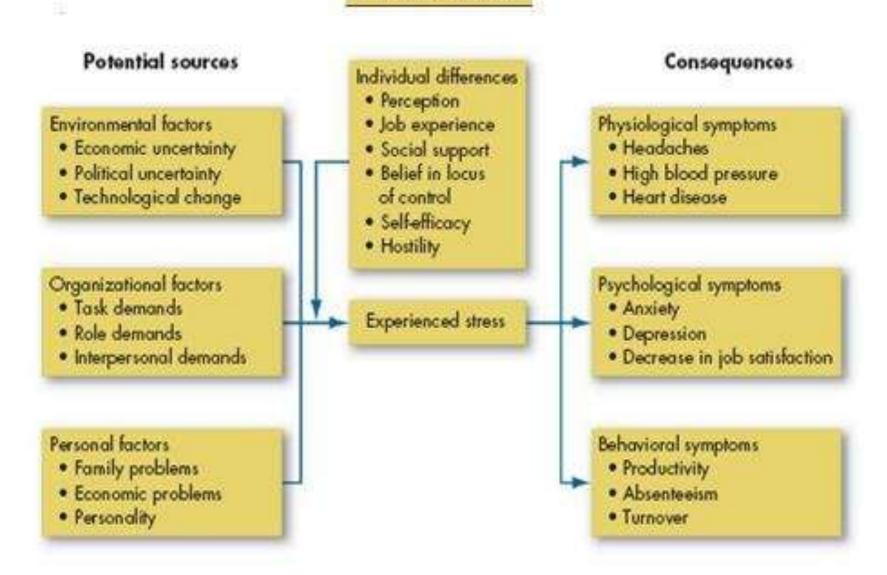
Stress is a feeling of emotional or physical tension.

- ✓ It can come from any event or thought that makes you feel frustrated, angry, or nervous.
- ✓ Stress is your body's reaction to a challenge or demand.

Emotional signs of stress

- Irritation or mood swings
- Anxiety
- Depression
- Feeling unmotivated
- Loneliness and isolation

A Model of Stress



Organizational Stress

 Organizational stress is commonly defined as an emotional, cognitive behavioural and physiological response to the aggressive and harmful aspects of work, work environment and organizational climate.

Causes of work-related stress

- Long hours
- Heavy workload
- Changes within the organisation
- Tight deadlines
- Changes to duties
- Job insecurity
- Lack of autonomy
- Boring work

Coping Strategies

- Keep a positive attitude sometimes the way you think about things can make all of the difference.
 Your attitude can help offset difficult situations.
- Accept that there are events you cannot control —
 when you know there are times when you have
 given all that you can to a situation, it allows you
 to expend energy where it can be more effective.
- Learn to relax purposeful relaxation, such as deep breathing, muscle relaxation and meditation is essential in training your body to relax. Relaxation should be a part of your daily regimen.

- Be active regularly being active also helps your body more easily fight stress because it is fit.
- Rest and sleep your body needs time to recover from stressful events, so sleep is an important part of caring for yourself.
- Find your stressors and effective ways to cope with them - remember that you can learn to control stress because stress comes from how you respond to stressful events.