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STRESS



**STRESS IS A  
PERSON'S  
PHYSICAL  
AND  
EMOTIONAL  
RESPONSE  
TO CHANGE.**

# TYPES OF STRESS

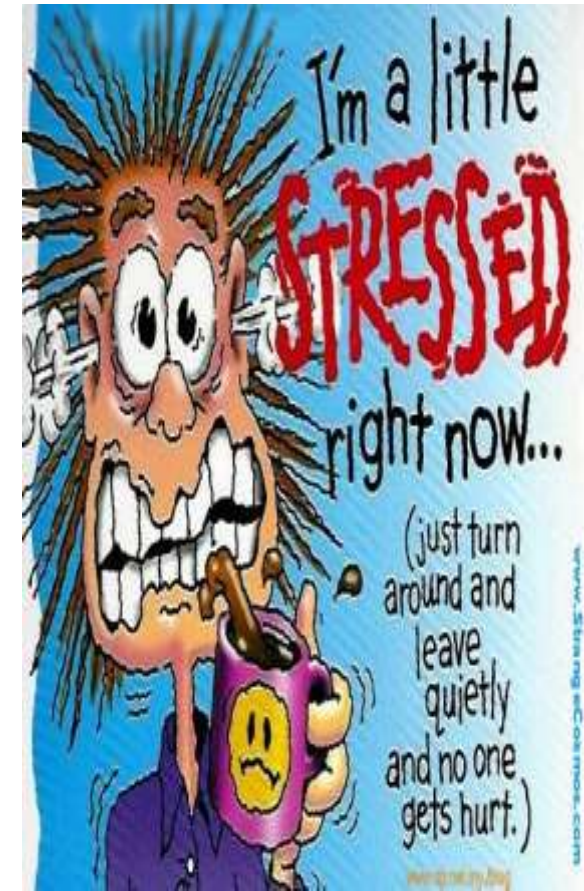


## GENERAL STRESS

- Everyone has this stress
- Resolve in a day or two
- No intervention required

## CUMULATIVE STRESS

- Builds up in your body
- Become more difficult to alleviate your symptoms
- More serious psychological problems



Contd.....



## ACUTE TRAUMATIC STRESS

- Critical Incident stress.
- Produce Psychological Distress
- Abnormal reaction to normal situation

## POST STRESS TRAUMATIC STRESS

- Severe stress produces severe psychological trauma
- Produces lasting change



# SOURCE OF STRESS



## ENVIRONMENTAL FACTORS

- Economic Uncertainty
- Political Uncertainty
- Technological Change

## ORGANIZATIONAL FACTORS

- Task Demands
- Role Demands
- Interpersonal Demands

## PERSONAL FACTORS

- Family Problems
- Economic Problems
- Personality



# WHAT CAUSES STRESS ?



- **DIVORCE OR SEPARATION**
- **DEATH OF A LOVED ONE**
- **THE BIRTH OF A CHILD**
- **MAJOR FINANCIAL SETBACK**
- **EMPLOYMENT CHANGES**
- **BECOMING THE VICTIM OF A CRIME OR NATURAL DISASTER**
- **TRAFFIC CONGESTION**
- **WORKING OVERTIME**
- **PERSONAL CONFLICTS**
- **JOB STRESS**
- **PHYSICAL INJURY**
- **LACK OF SLEEP**





# CLASSIFICATION OF STRESS



- **POSITIVE STRESS**

- Mental Alertness
- Motivation
- High Efficiency

- **NEGATIVE STRESS**

- ACUTE STRESS
- CHRONIC STRESS



# SYMPTOMS OF STRESS



- Behavioral symptoms
  - Productivity
  - Absenteeism
  - Turn Over
- Physiological symptoms
  - Headache
  - Heart disease
  - High BP
- Psychological symptoms
  - Anxiety
  - Depression
  - Decrease in job satisfaction



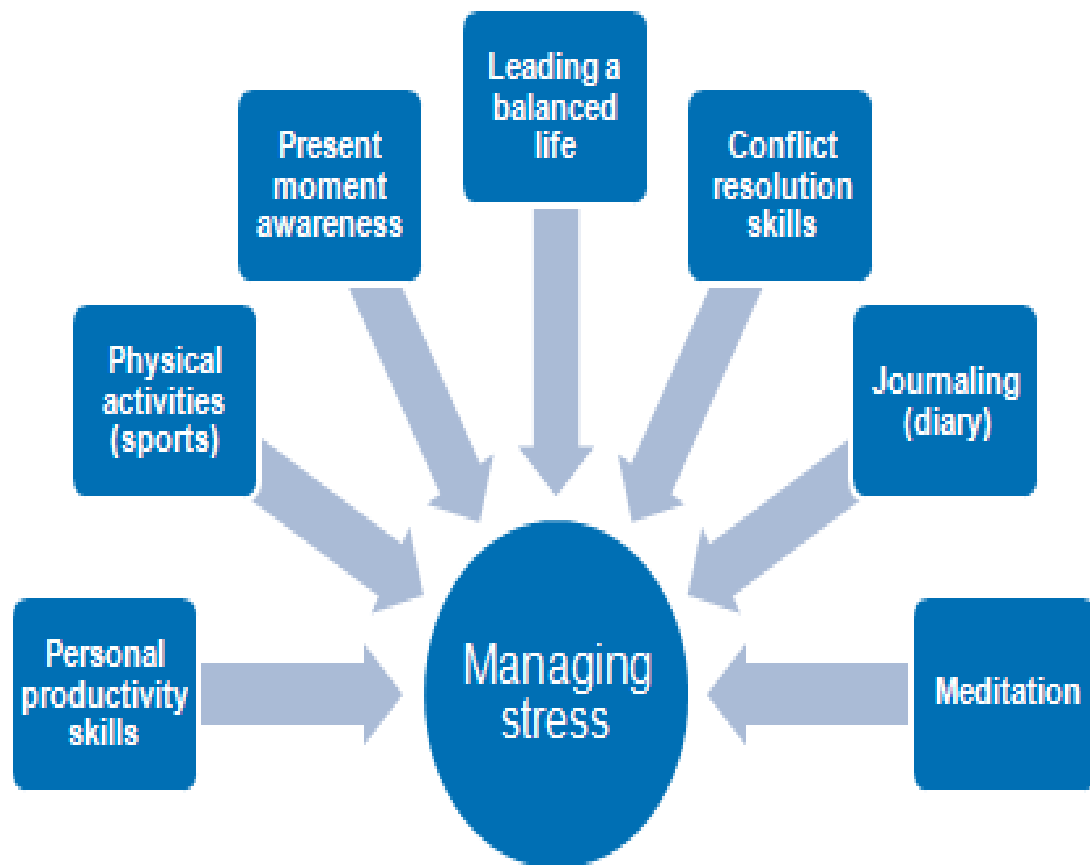


# STRESS MANAGEMENT

- Healthy living to conquer stress
  - take sufficient rest
  - exercise/yoga
  - talk to people/friend
  - organise your life
  - manage your anger
  - be flexible
  - take charge of your life
  - do things which you love to do
  - overcome ego/jealousy



# PICTORIAL REPRESENTATION



# FEW COMMON REACTIONS IN STRESS





Thank You!

