

PRESENTATION

Emotional Intelligence





Group Members

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Stress

- Stress is a natural feeling of not being able to cope with specific demands and events.

Kinds of stress

- Distress can be described as an unpleasant emotion, feeling, thought, condition, or behavior. It is the all-encompassing sense of being imposed upon by difficulties with no light at the end of the tunnel.



Eustress is the other form of stress that is positive and beneficial.

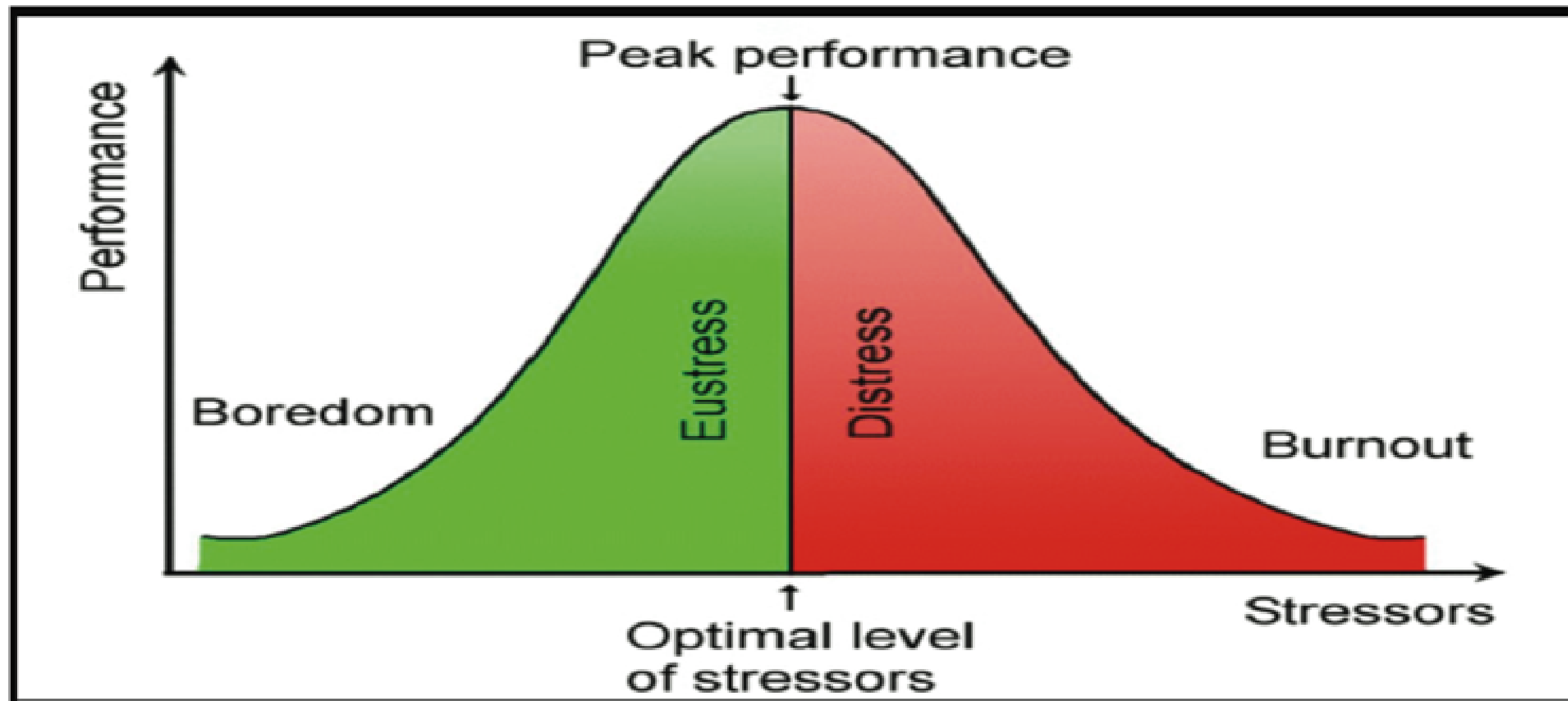
We may feel challenged, but the sources of stress are opportunities that are meaningful to us.

Eustress helps provide us with energy and motivation to meet our responsibilities and achieve our goals.

Stress tolerance

- Stress within your comfort zone help you, while under pressure motivate you to do your best.
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- When stress becomes overwhelming, it can damage your mood and relationships, and lead to a host of serious mental and physical health problems.
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- Stress is produced when the body responds to a difficult situation or event (whether it is actual or imagined). The stress reaction is often known as fight-or-flight.

The Stress Response Curve



Individual Consequences of stress

Psychological:

- Anxiety
- Depression
- Low self-esteem
- Sleeplessness
- Frustration
- Family problems
- Burnout

Behavioral:

- Excessive smoking
- Substance abuse
- Accident proneness
- Appetite disorders

Violence

Physiological:

- High blood pressure
- Muscle tension
- Headaches
- Ulcers, skin diseases
- Impaired immune systems
- Musculoskeletal disorders
- Heart disease



**Role
Ambiguity**

**Work
Overload**

Occupation

**Job
Security**

**Causes
of
Stress**

**Resource
Inadequacy**

Monitoring

**Management
Style**

**Working
Conditions**



Organizational Consequences of Stress

- Absenteeism
- Diminished productivity
- Compensation claims
- Loss of Interest and more switching
- Harmful to organizations' image
- Way to shut down



Individual Stress Management

- Exercise regularly
- Practice healthy habits
 - Be realistic
- Use systematic relaxation
 - Meditate
- Develop and use planning skills
- Take one thing at a time
- Avoid unnecessary competition
- Recognize and accept personal limits
- Develop social support networks
- Focus on enjoying what you do
 - Take time off

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THANK
you

