

# Stress Management

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# Agenda

- What is stress?
- Causes of stress
- Impact of stress
- How to handle the stress

# What is stress?

Stress can be created and can be destroyed and also can be transfer from one person to another

~ Anil's law of stress

is it a STATE of mind....



is stress only there when I think about it OR is it ALWAYS there?



# is it caused due to fear of failure?

And something else also

- Uncertainty and doubt[FoF]
- Deadline(fof)
- Mental fatigue(fof)
- Overthinking(fof)
- Health(fof)
- Envy & Comparison/ Weltschmerz(Empathy)

is stress additive OR multiplicative?

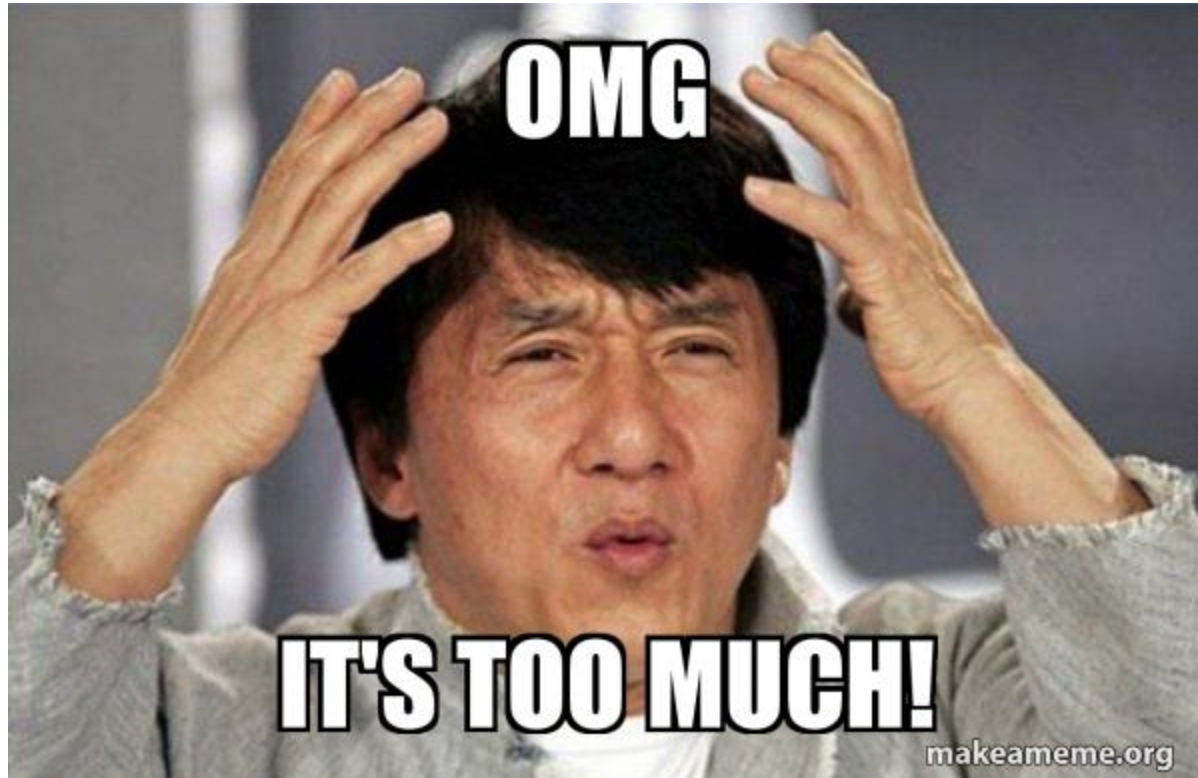
- $1+1 = 2$
- $1*1 = 11$

Is stress ALWAYS BAD?



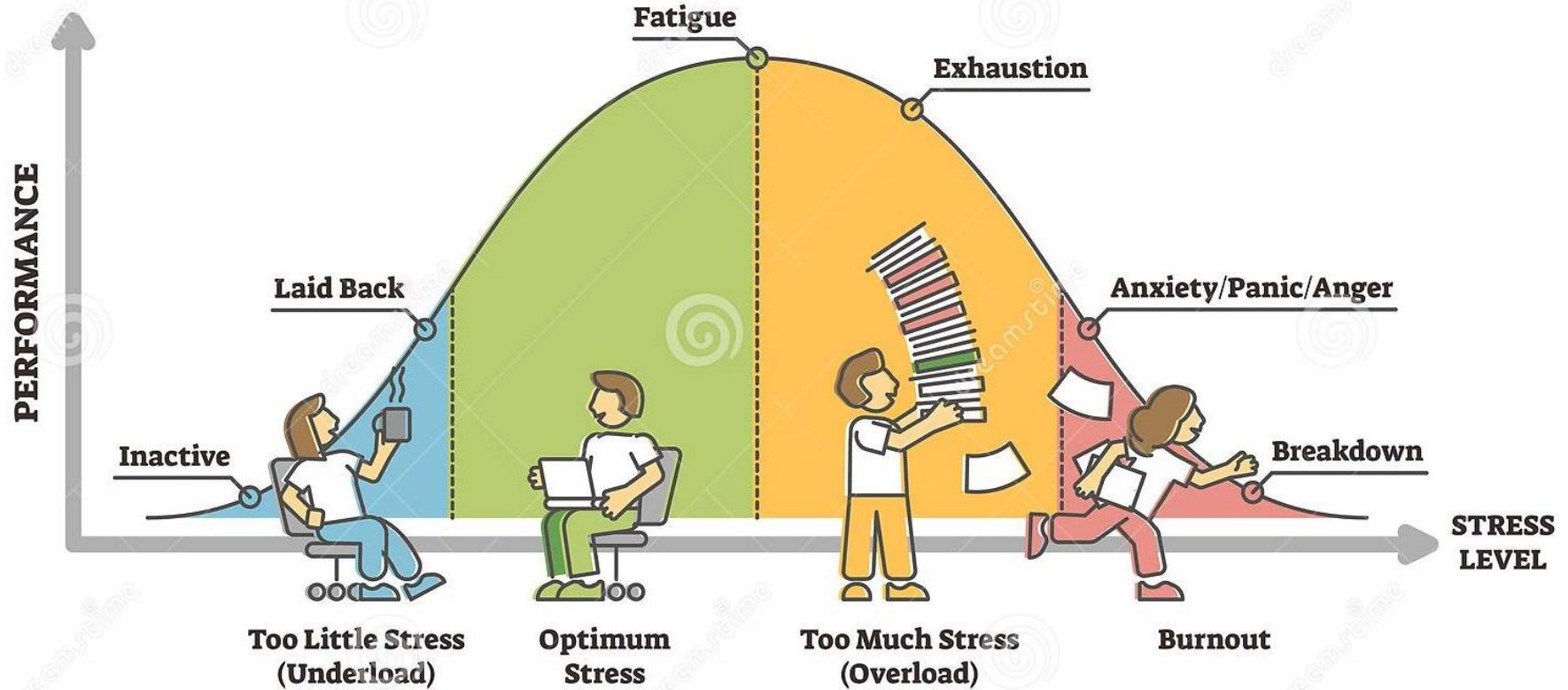


stress is bad if too much, How much is too much?



How does stress impact your life?

# STRESS CURVE



# Effects of Stress



# Stress cause can be divided into two categories

1. Things that already messed up
2. Things that can be messed if not handled



# How to handle stress?

if anyone want to share his/her experience of stress handling



# How to handle type 1 stress?

If You were not able to complete your work on the deadline which causing you stressed, what will you do?





# Find your support system





Socialize, Listen music, Exercise, find hobby



## Other tips

- Try some new routine
- Reframe your thoughts
- Change your attitude
- Take proper Food & Diet
- Meditation
- Take proper sleep

## How to handle type 2 stress



Too much work to do and it is creating stress, what will you will you do?

# Tips



# How to handle type 2 stress

- List down all the work
- Break the big tasks into smaller
- Decide the priority
- And then forget all the tasks and start with highest priority
- Take proper breaks
- Take time for yourself
- Seek help with problems
- Be realistic



## How to handle stress: Summary



## Final tip

Maintain the balance in work and life as well as in your account





Questions?