

# **E4-E5(MANAGEMENT)**

## **Stress Management**

# WELCOME

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- This is a presentation for the E4-E5 Management Module for the Topic: Stress Management .
- Eligibility: Those who have got the Upgradation from E3 to E4.
- This presentation is last updated on 16-3-2011.
- You can also visit the Digital library of BSNL to see this topic.

# AGENDA

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## Lesson Objective: : -

- Define stress
- Explain the effects of stress
- Describe the different types of stress
- Explain “Who are more vulnerable to fall prey to stress?”
- Tips for managing stress

# Definition of Stress

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We quite often get tense almost every day, as our routine has become very complex and life awfully busy. But if the tensions get accumulated and are not channelized and continue to mount with each passing day, a stage may soon come when we are under stress. **That is to say that accumulation and prolongation of tension leads to stress**

# The effects of Stress

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## Stress may lead to :

- Heart Attack
- Diabetes
- Hypertension
- Alcoholism
- Ulcers
- Cancer
- Sleeplessness
- Depression
- Obesity
- Mental illness and so on.

# Types of Stress

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- EMOTIONAL STRESS
- DIGESTIVE STRESS
- ENVIRONMENTAL STRESS

## Who are more vulnerable to stress

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- Dr. Mayer and Dr. Ray have categorized personalities under two heads. i.e. Type A and Type B. They point out that Type A are more prone to cardio-vascular diseases (CVD) than Type B.

# Tips for Managing Stress

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- Diet Control**
- Positive thinking**
- Exercise & Yoga-ASANAS**
- Breath control and**
- Meditation**





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