

# Welcome



The Advice & Assist

# Stress Management

# Our Belief



Living life is ...  
an **Art**...

Art cannot be  
performed  
Under **STRESS**...

The background of the slide is a photograph of a calm body of water, likely a lake or a wide river, under a dramatic sky. The sky is filled with soft, wispy clouds in shades of blue, purple, and orange, suggesting a sunset or sunrise. The water is still, reflecting the colors of the sky. In the far distance, a small, dark silhouette of a boat is visible on the water's surface.

# Stress management

## In Profession

# **STRESS MANAGEMENT**

## **LEARNING TO 'REALLY' RELAX**

- **IS STRESS REALLY BAD ?**
- **HOW AND WHY WE GET STRESS ?**
  - **DEALING WITH STRESS.**
- **GETTING A WINNER'S BELIEF**



**What is Stress?**

Stress is defined as a twentieth century syndrome.

Born out of man's race towards modern progress and its creating complexities.

**BENJAMIN FRANKLIN**

# Stress is ...

“Response of our body & Soul to any situation we find challenging, alarming , or difficult”



An abstract graphic featuring a central spiral that transitions from green at the center to yellow and then orange towards the edges. This spiral is set against a background of two large, semi-transparent red spheres. The overall composition is symmetrical and visually striking.

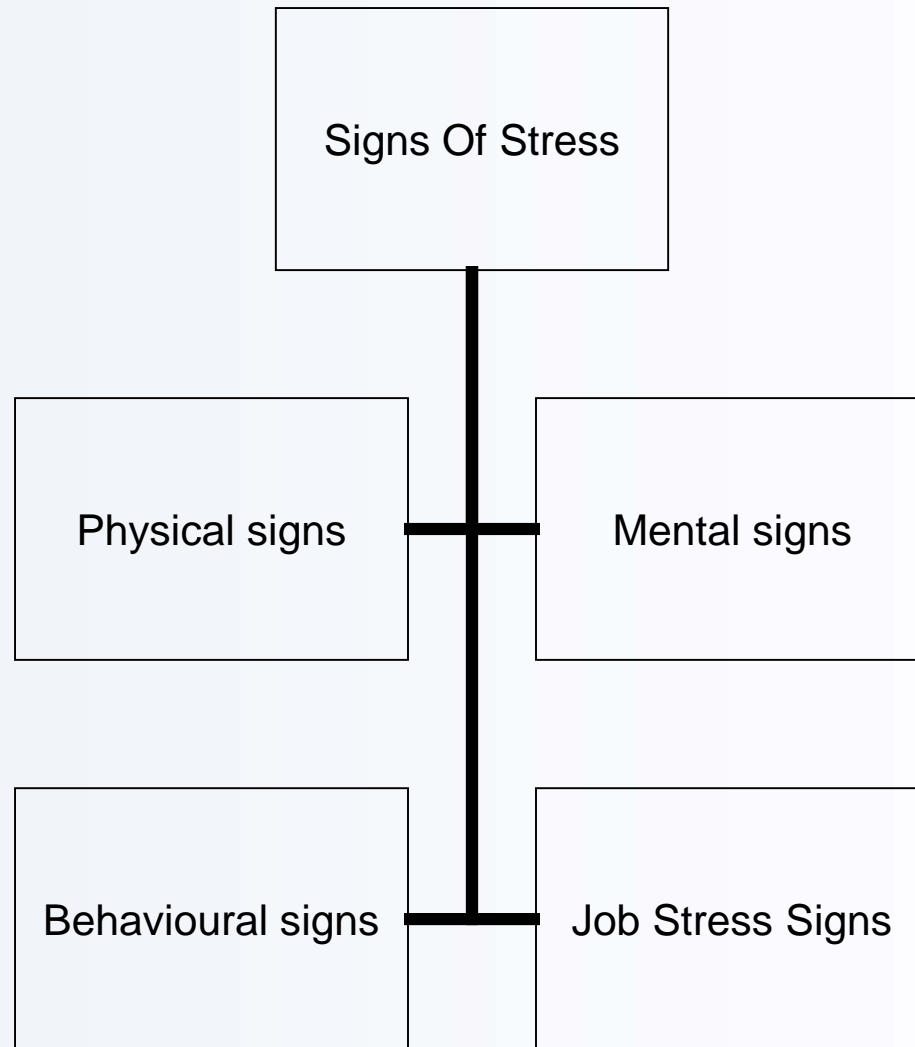
# STRESS

## Stress and the Workplace

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**HAVE YOU  
FOUND YOURSELF IN SIMILAR SITUATIONS ?**



# SYMPTOMS

- Insomnia
- Loss of mental concentration
- Absenteeism
- Depression
- Substance abuse
- Extreme anger and frustration
- Family conflict
- Migraine, Headaches and back problems.



STRESS

## Causes of Stress

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# CAUSES

- Job Insecurity
- High Performance Demand
- Miss match of Chemistry with Seniors.
- Workplace Culture
- Personal or Family Problems
- Technological Changes
- High Ambitious Person
- Reacting emotionally or angry

Ultra

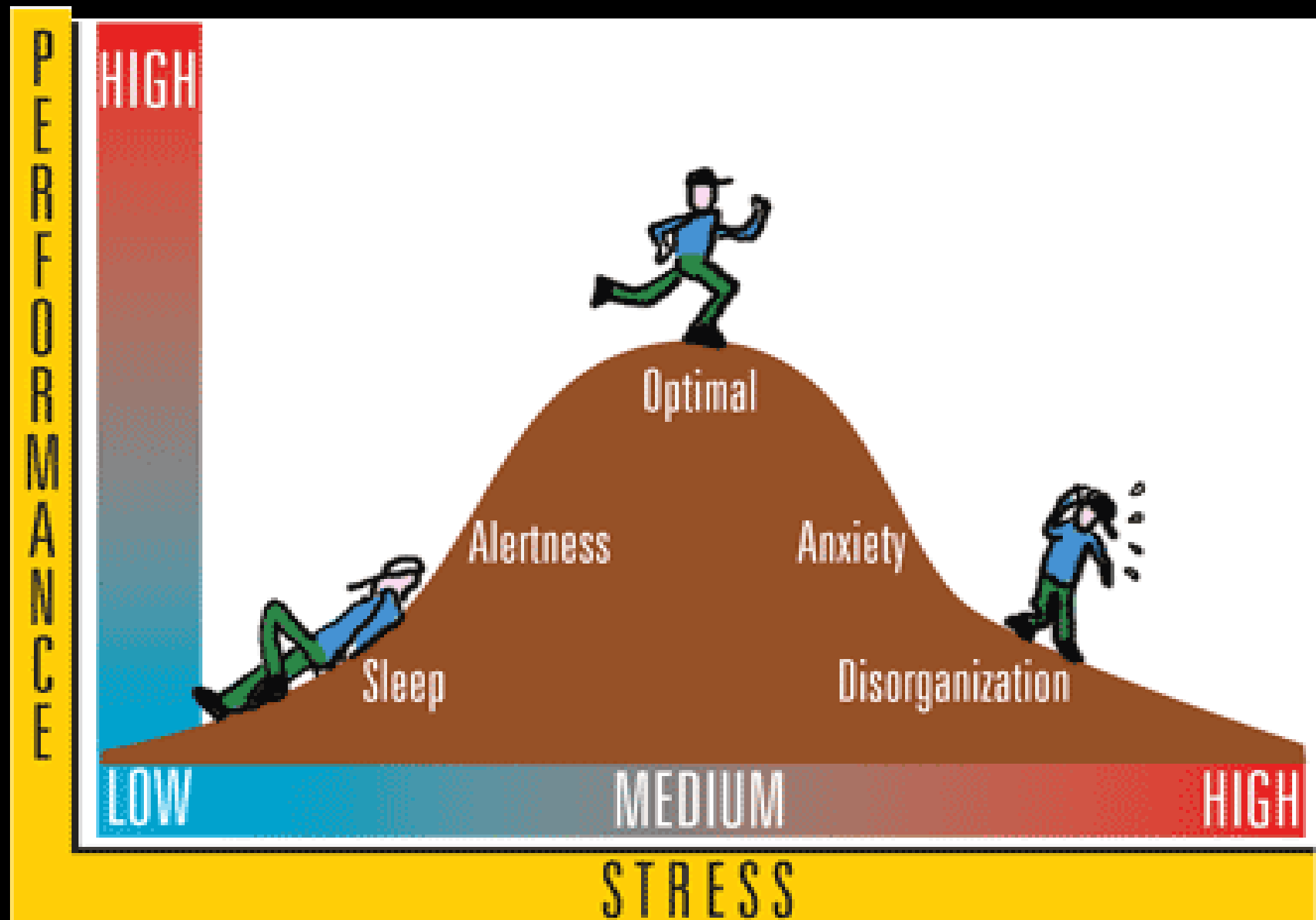


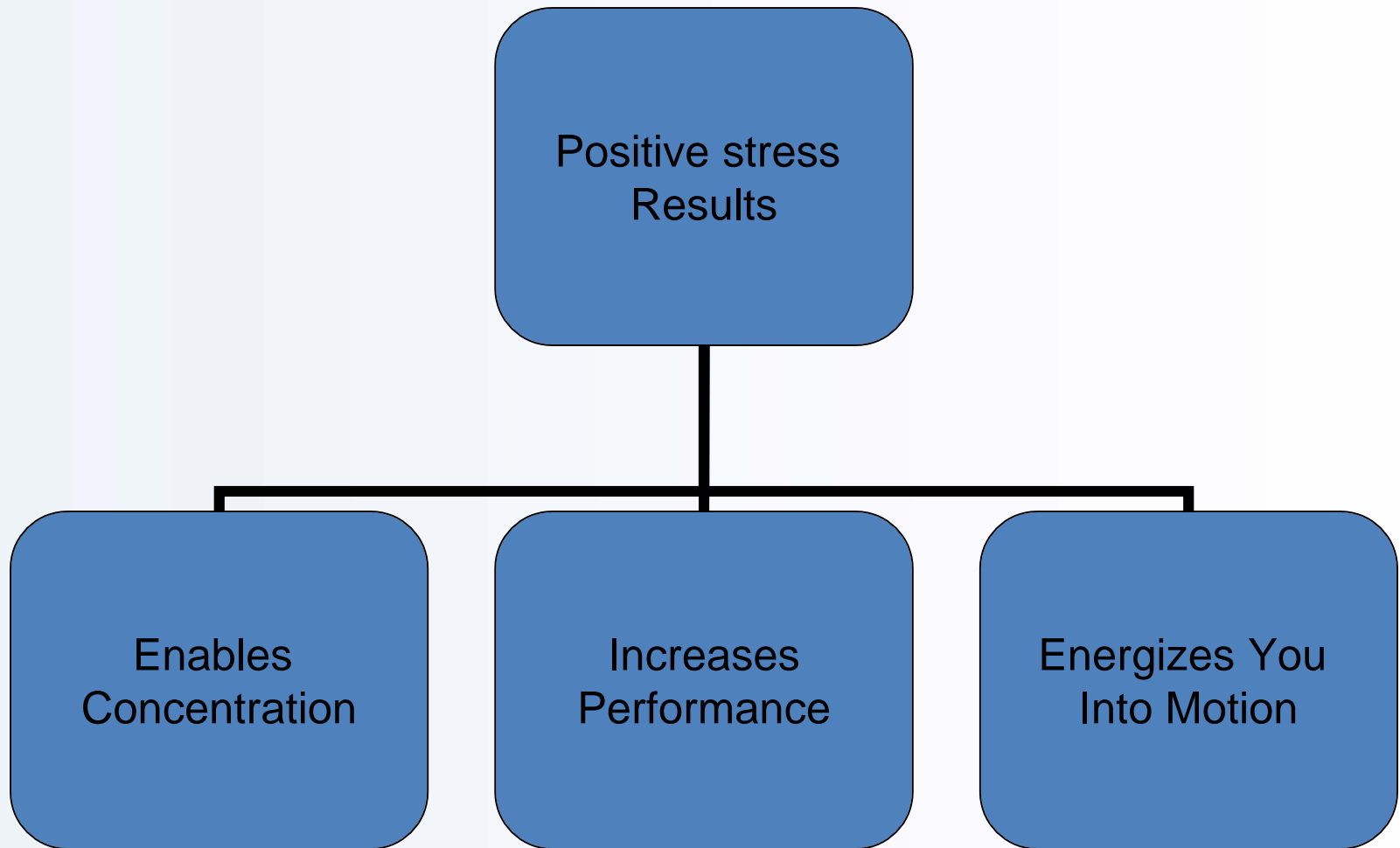
# EUSTRESS vs DISTRESS

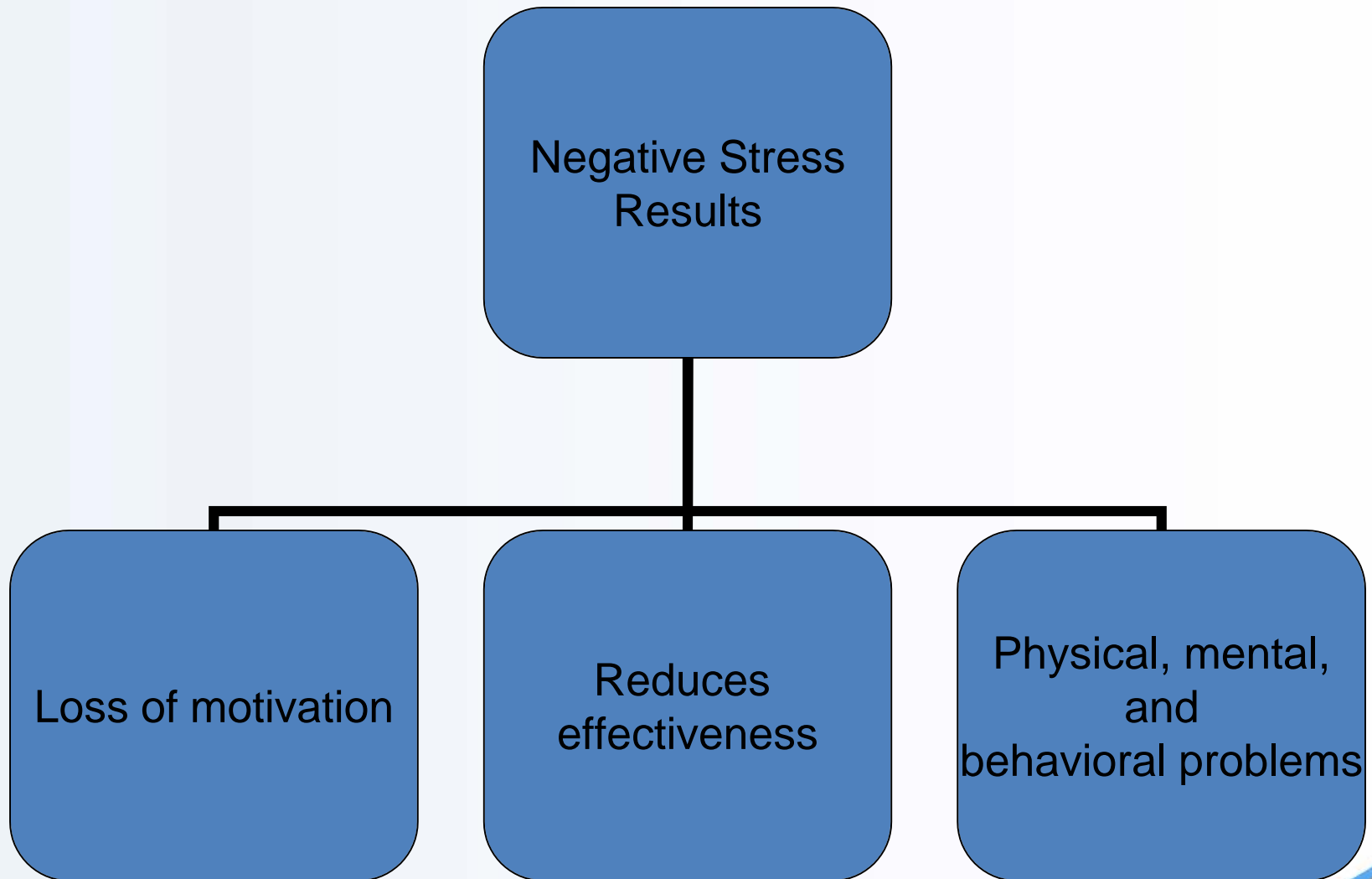




# Stress Performance Connection









STRESS

## Effects of Stress

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# The cost of ignoring stress

- Work-related stress can result in high levels of – ve Performance
- We experience stress when we make poor decisions and casual errors.
- Will make U poor at your Workplace relations and customer service .

# IF THAT'S NOT ENOUGH.... THEN HOLD YOUR BREATH

- STRESS HAS PROVEN TO BE FATAL
- STRESS CAUSES AGING



STRESS

## Stress Busters

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# Solutions ..

- Be Prepared for Changes .. Any Time & Place
- Find and protect time to refresh, re-energize and re-motivate.
- Avoid giving in to alcohol, smoking and other substance abuses.
- Change the Attitude towards situation





# Solutions ..

- Don't be satisfied
- Sit straight and comfortably on your seat, and try breathing exercises
- Try creative visualization
- Create Emotional Dustbin.
- Manage yourself – Your time – Workplace

# Always Good For U ...

Sunlight

Diet

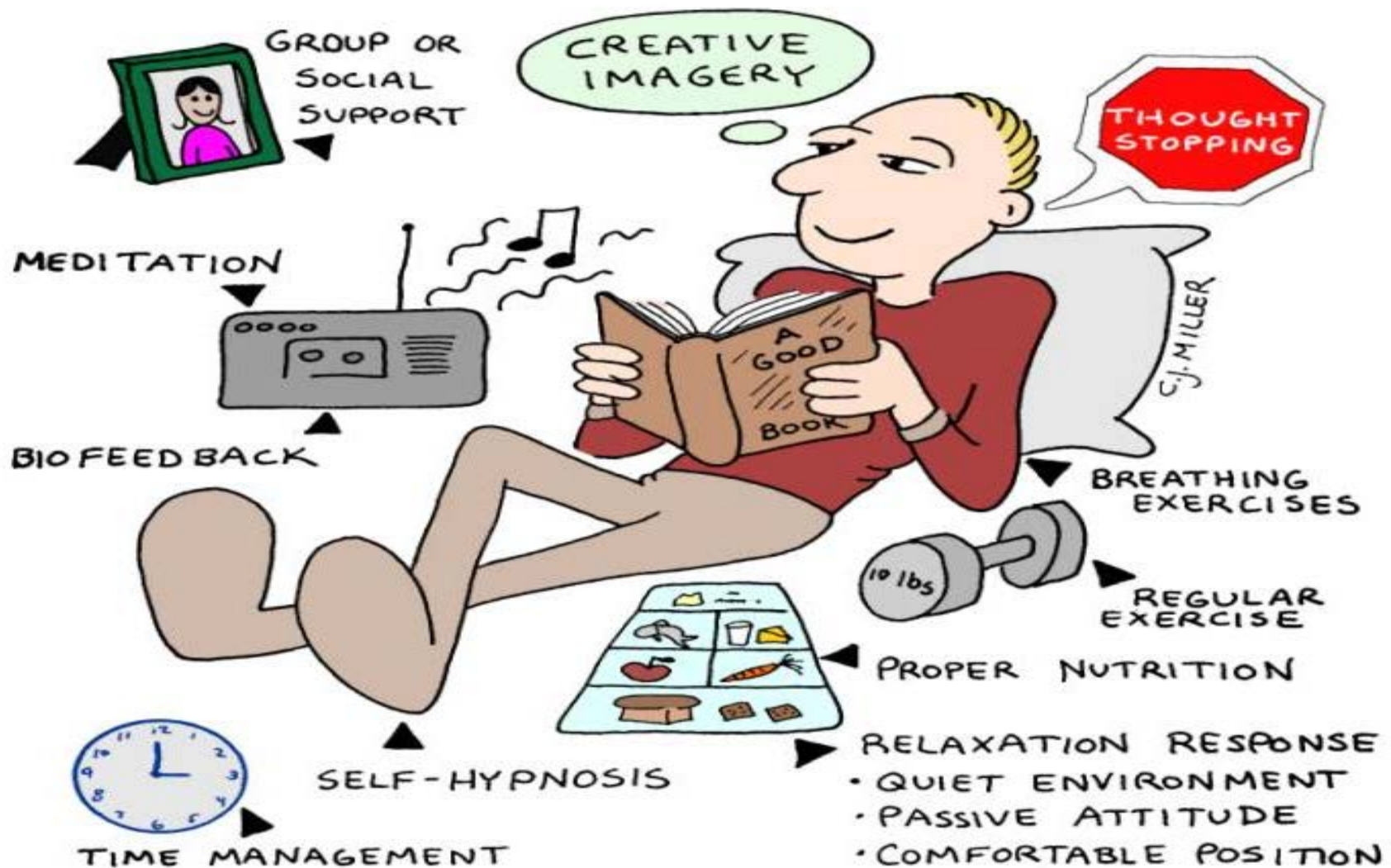
Rest

Self Confidence

Exercise

Friends

# STRESS REDUCTION METHODS



इति ते ज्ञानमाख्यातं गुह्याद् गुह्यतरं मया  
विमृश्यैतदशेषेण यथेच्छसि तथा कुरु

भ.गी.अ. १८/६३

આ પ્રમાણે મેં તમને ગુહ્યત્તમ જ્ઞાન વિષે માહિતી  
આપી છે.

આ વિષે તમે મનન કરો અને પછી તમારી જેવી  
ઈચ્છા હોય તેમ કરો.

# Remember ....

**Nobody can  
stop you growing,**

When some force is coming from  
within – not even **YOU**



# Thank You

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