



# Stress Management

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# STRESS : Definition

Any external or internal event  
that has harmful influence on  
  
Mind and Body



# THE PHYSICAL SIGNS OF STRESS

1. Increased heart rate
2. Stomach and digestive disturbance
3. Diarrhea
4. Heart attack
5. Ulcers
6. High blood pressure
7. Headaches
8. Chest pains
9. Insomnia
10. Accident prone
11. Alcoholism



# THE MENTAL SIGNS OF STRESS

1. Tension
2. Tightness
3. Resistance
4. Friction
5. Anger
6. Guilt
7. Critical
8. Anxiety
9. Evasion
10. Reactive
11. Discontentment
12. Worry
13. Impatience
14. Apprehension
15. Tired

$$\text{Stress} = \frac{\text{Pressure}}{\text{Resilience}}$$



# STRESS



- Stress is a form of pain that comes to tell you there is something which you need to change.
- Stress is a messenger telling you there is something you need to learn.



# WHAT REGULARLY CAUSES YOU STRESS?





# HOW DO YOU TRY TO GET RELIEF FROM YOUR STRESS?

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# WHO CAN FACE STRESS

1. Those who have a purpose in life.
2. Those with a sense of commitment.
3. Those who have self control, their lives are not controlled externally.
4. Those who are flexible.
5. Those who seek novelty and challenge.



# Stress Management



means to make **Best out of Waste thoughts.**



It is not hardwork but  
hardening of attitudes  
that creates stress.



Stress has nothing to do with  
how many hours you work



And everything to do with how  
you feel during those hours



# MIND

1. Past thoughts.
2. Negative thoughts.
3. Waste thoughts.
4. Positive thoughts.



# Negative Thought Process

## *Self*

I can't change the way I am.

## *Others*

They never co-operate with me so why should I.

## *World*

The country is going from bad to worse  
What's the point in me trying to do anything.

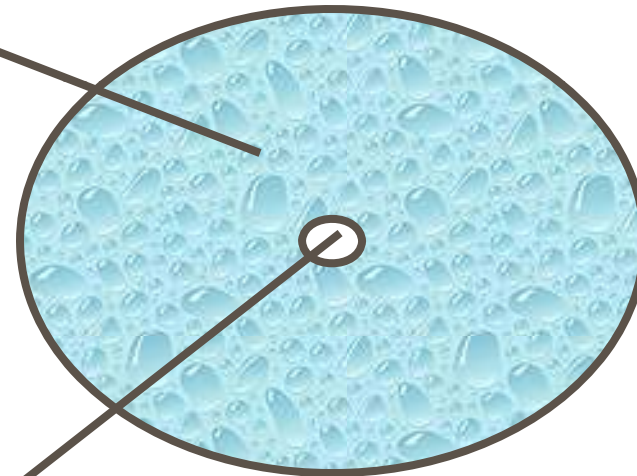


# Effect of Negative Thinking

- **Feelings of hopelessness**
- **Lack of enthusiasm**
- **No motivation**
- **Loss of self esteem**
- **Prisoner of your own creation**

Field of complain

Field of self control



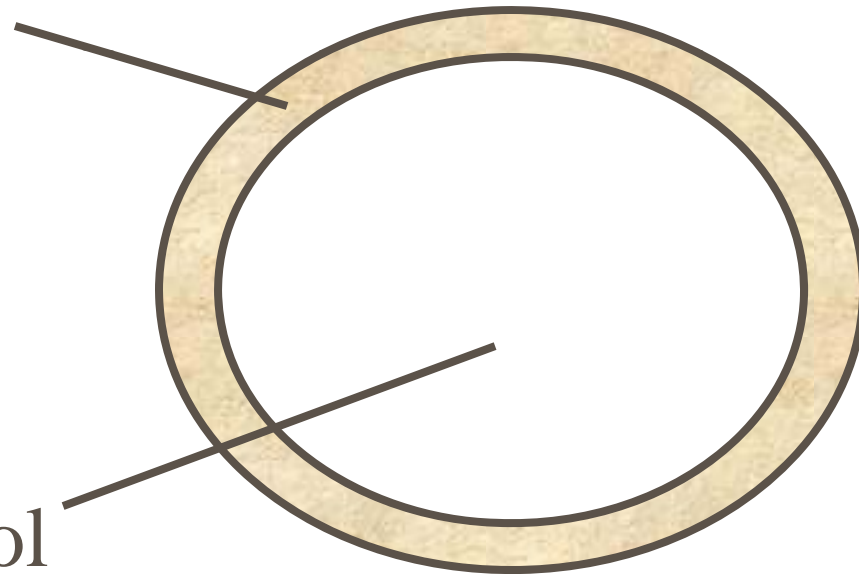




# Begin the things which are under your control

Field of complain

Field of self control





# The consciousness



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# Positive Thought Process

## *Self*

I am flexible and ready to change.

## *Others*

I will co-operate with even those who are not willing to co-operate with me as I feel I can set an example.

## *World*

It is exactly in such times that there is an utmost need for positive energy so I will not give up.



When Confronted With Stress Avoid  
Complaining, Blaming People Or  
Circumstances.

Instead Keep Busy With Various Activities  
That Are Under Your Control.



Whenever possible spare some time to help others.

By rendering services to others, your worries, tension & anxiety will definitely be minimized.



There Are Always At Least A Few  
Direct Or Indirect Advantages In  
Every Event Of Your Life.

Make Habit Of Pondering Over Those  
Advantages, However Small They  
May Be.



# RIGHT THINKING



To see the problem in the same magnitude as it presents to you.



Consider Your Critics As Your Well  
Wishers. By Describing Your  
Weaknesses And Drawbacks.

They Are Acting As  
Psychotherapists Without Taking  
Any Fees





# Adopt Mental Filing system

Don't Try To Solve Many Problems At A Time.

Divide All Your Problems In The Form Of  
Compartments.

Open Only One Compartment At A Time, When  
You Are Free From More Productive Work.  
Let All Other Compartments Be Closed.



# Stress free Life

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