

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

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GROUP 5

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STRESS DEFINITION

- Stress is a feeling of emotional and physical tension. It can come from any event or thought that makes you feel frustrated, angry or nervous.
- Stress is your body`s reaction to a challenge or demand
- In short bursts, stress can be positive such as when it helps you to avoid danger or meet a deadline.



STRESS

CAUSES OF STRESS



SYMPTOMS OF STRESS



HOW TO MANAGE STRESS?



HEALTH

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.



HEALTH AND STRESS

Changes In Health-related Behaviors

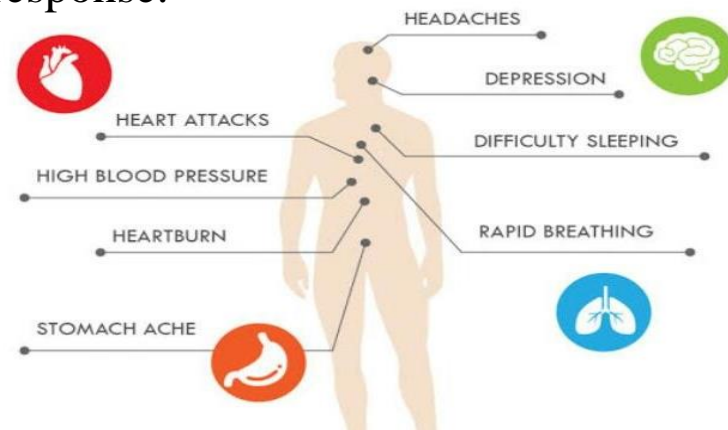
- Sleep
- Diet
- Drugs
- Social behavior (can help each other, or hostile/insensitive)
- Risk taking
- Health care (don't notice symptoms)



EFFECTS OF STRESS ON HEALTH

PHYSICAL HEALTH

Stress is a natural physical and mental reaction to life experiences. Everyone expresses stress from time to time. Anything from everyday responsibilities like work and family and events can trigger stress. For immediate, short term situation stress can be beneficial for health. It can help you to cope with potentially serious situations. your body responds to stress by releasing hormones that increase your heart beat and breathing rates and ready your muscles to response.



MENTAL HEALTH

When you are stressed you may experience many different feelings include

- Anxiety
- Depression
- Fear
- Anger
- Sadness
- Frustration



COPING

COPING STRATEGIES

DEFINITION

- Coping is a process of constant evaluation of the success of one's strategies
- Coping is learned as one encounters situations
- Coping requires effort
- ❖ Positive Belief :The ability to cope is enhanced when people believe they can successfully bring about desired consequences
- ❖ Problem-Solving Skills: Having specific knowledge or abilities related to specific problem
- ❖ Social Skill: Ability to get other people to cooperate
- ❖ Social Support: Feeling of being accepted, loved, or prized by others

STRATEGY TO COPE WITH STRESS:

ABC STRATEGY

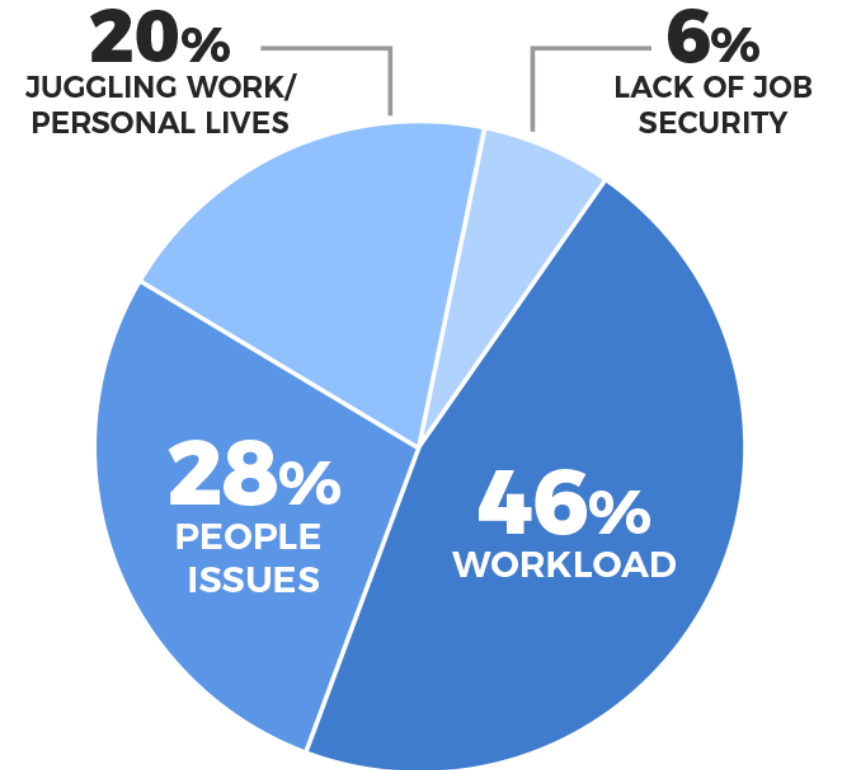
- **A(Awareness)** What causes you stress?
- **B(Balance)** There is a fine line between positive negative stress
- **C(Control)** What can you do to help yourself combat the negative effects of stress ?



COPING WITH STRESS AT WORK PLACE

- Stress at workplace or office is normal thing for most of the people. However, sometimes stress becomes **extremely frustrating**. As a result people **loss efficiency and productivity**.
- To manage stress at office, you need **to learn self development skills** which is one of the best way **to increase productivity** of any person.

Main Causes of Stress



Source: EAP provider ComPsych's first half of 2006 StressPulse Survey.

CAUSES OF STRESS AT WORK PLACE





How to Manage Stress at Workplace

HOW TO MANAGE STRESS AT WORK PLACE

- **CONCENTRATE ON IMPORTANT WORK**

You need to categorize your work by their priority and you need to maintain a schedule. By prioritize the work, you can take immediate action.

- **DISCUSS ABOUT ISSUES**

When you face critical problem, discuss with your boss or your superior or the person who is responsible for your problem. By discussing your superior, you will be able to take action to resolve the issues.

- **DISTRIBUTE WORK**

One of the best way to reduce your work pressure is by distributing your work among your team members. By this way you can do your pending works which are already delayed.



THANK YOU
