

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 sunset or sunrise over a body of water. The sky is filled with horizontal, wispy clouds in shades of blue, purple, and orange. The water in the foreground is dark and calm, reflecting the colors of the sky. In the distance, a dark silhouette of a boat is visible on the water.

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

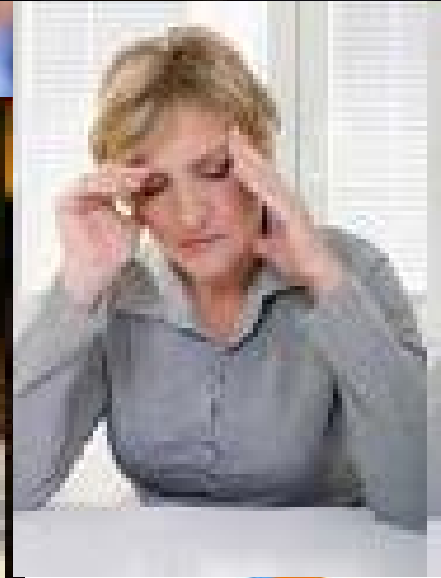
Stress is ...

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

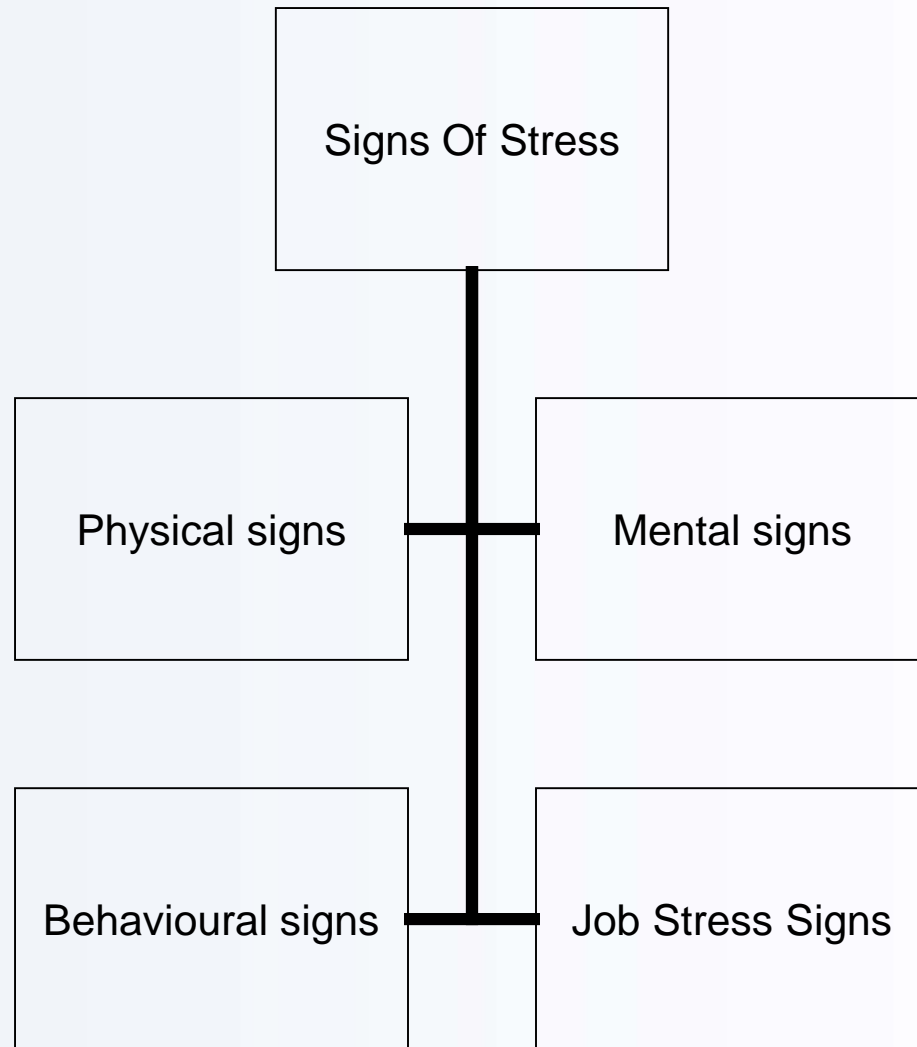


STRESS

Stress and the Workplace



HEVE 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

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

PEPSI



PEPSI



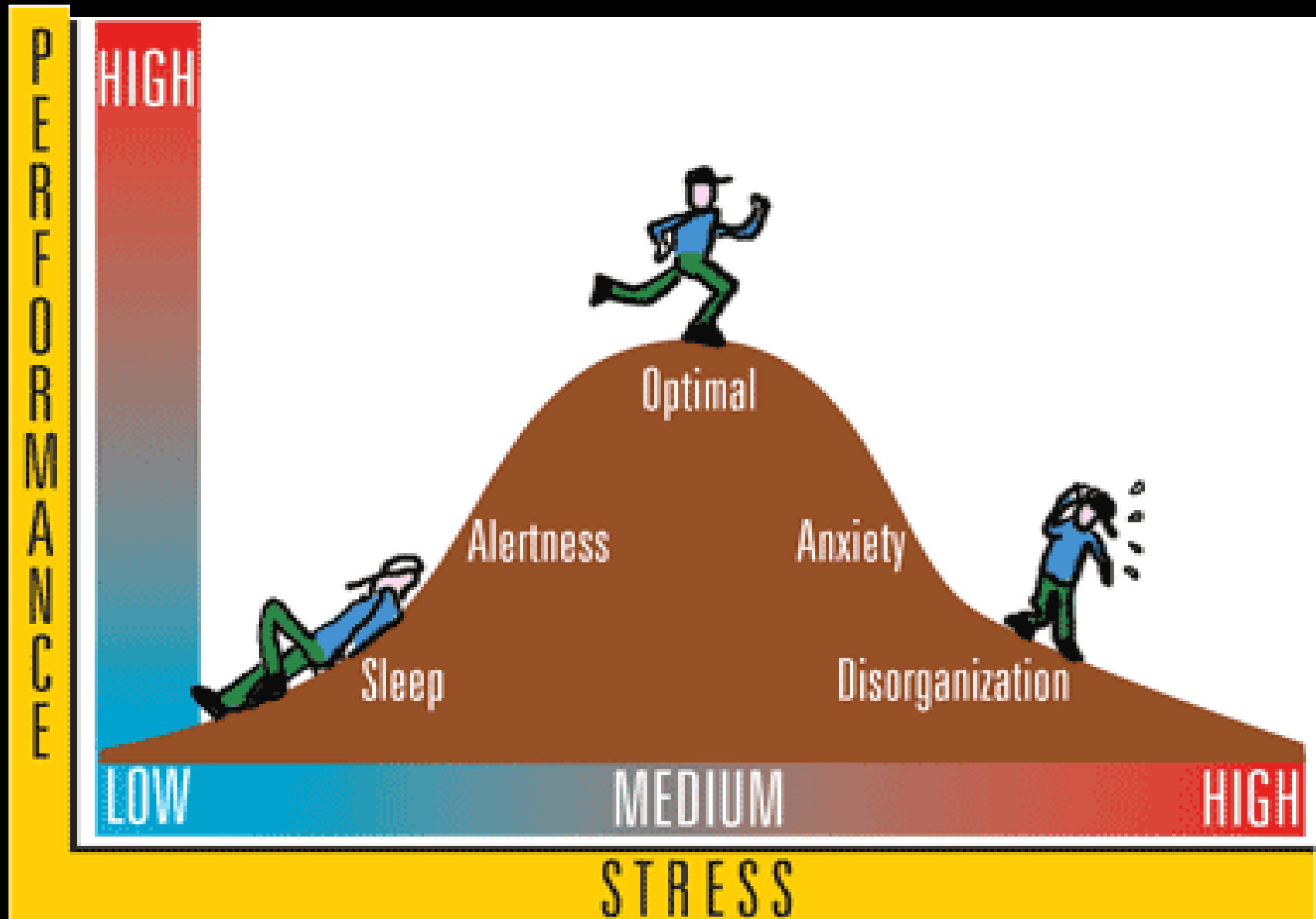
PEPSI

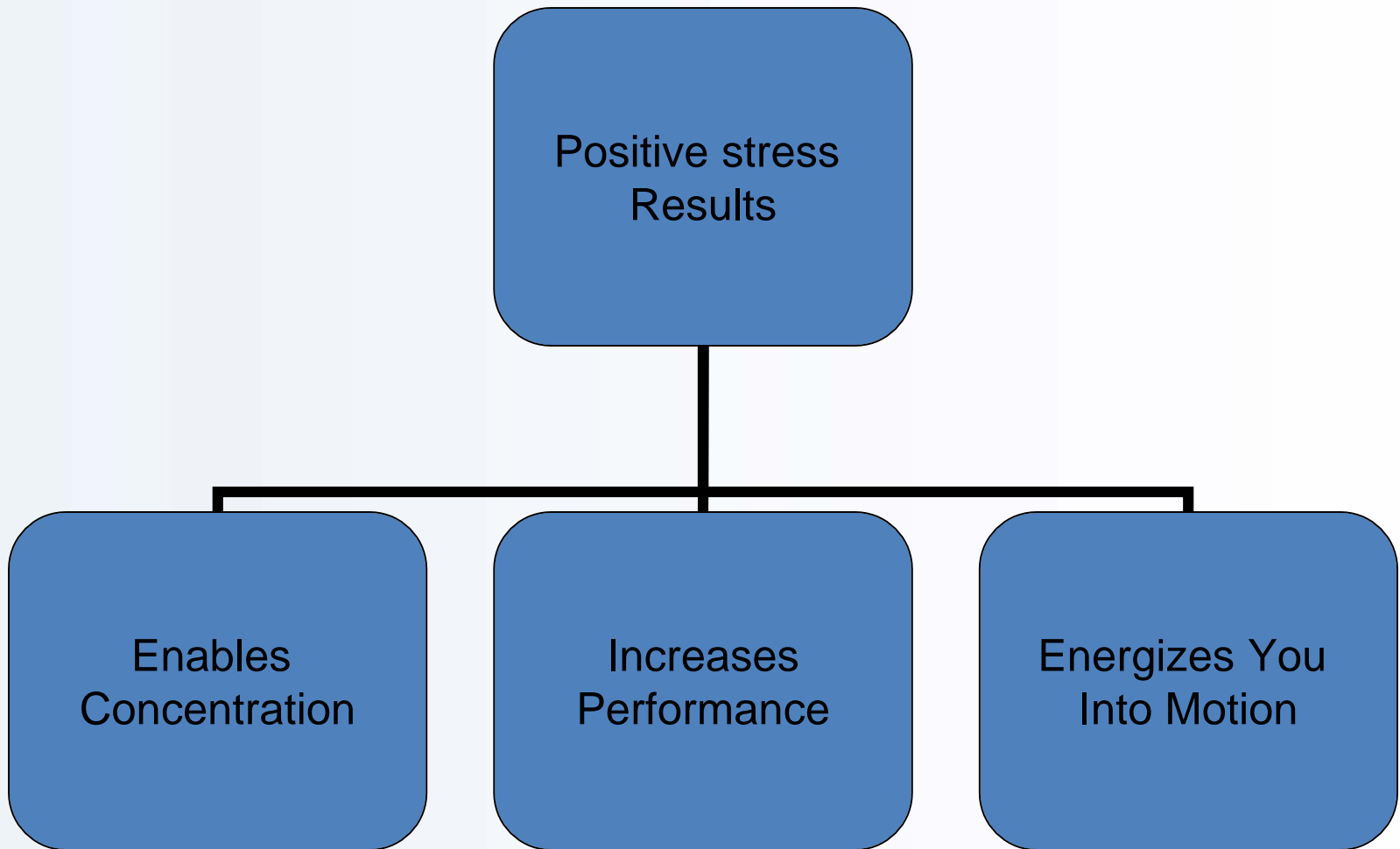


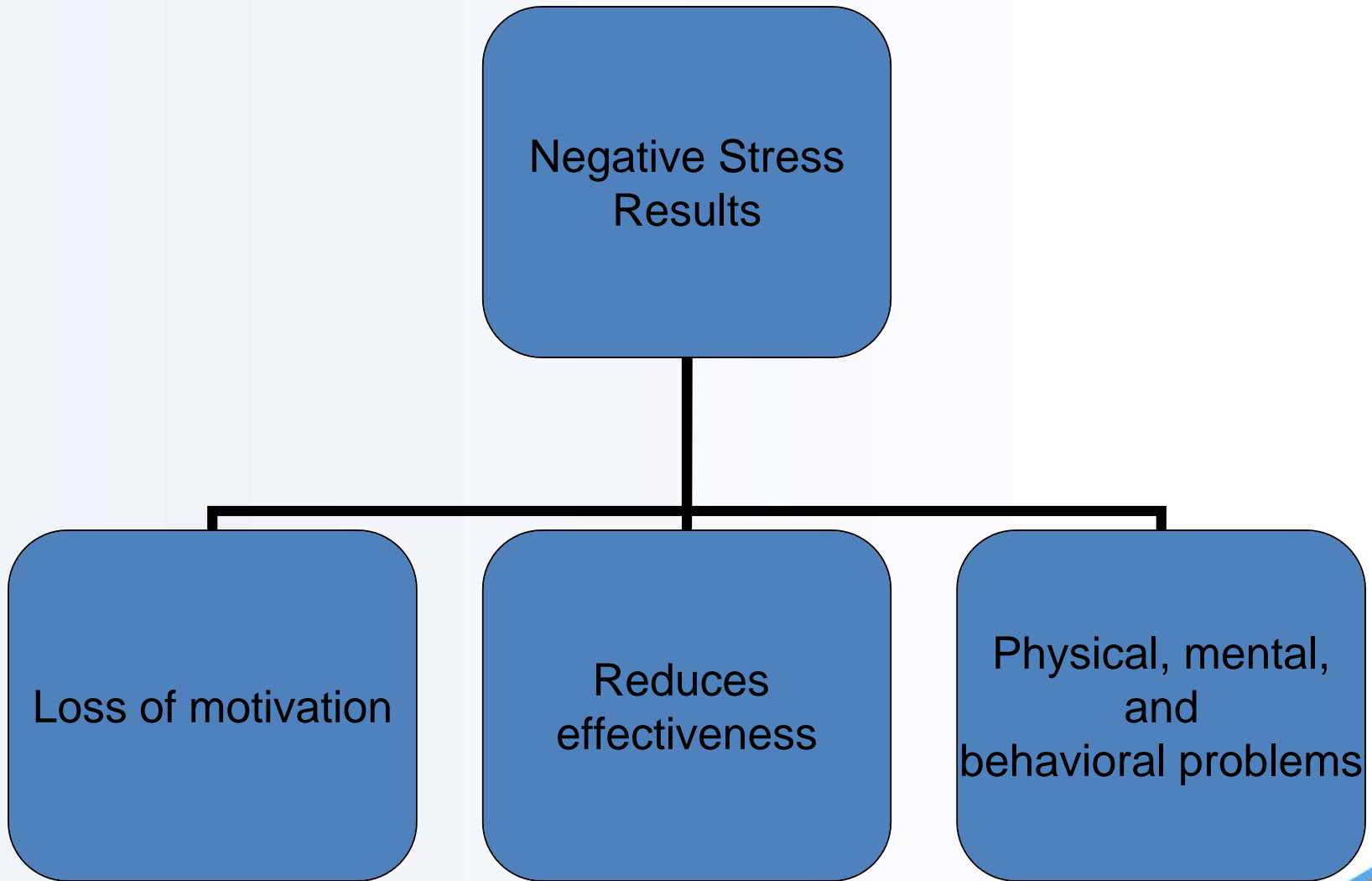
EUSTRESS vs DISTRESS



Stress Performance Connection









STRESS

Effects of Stress

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

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

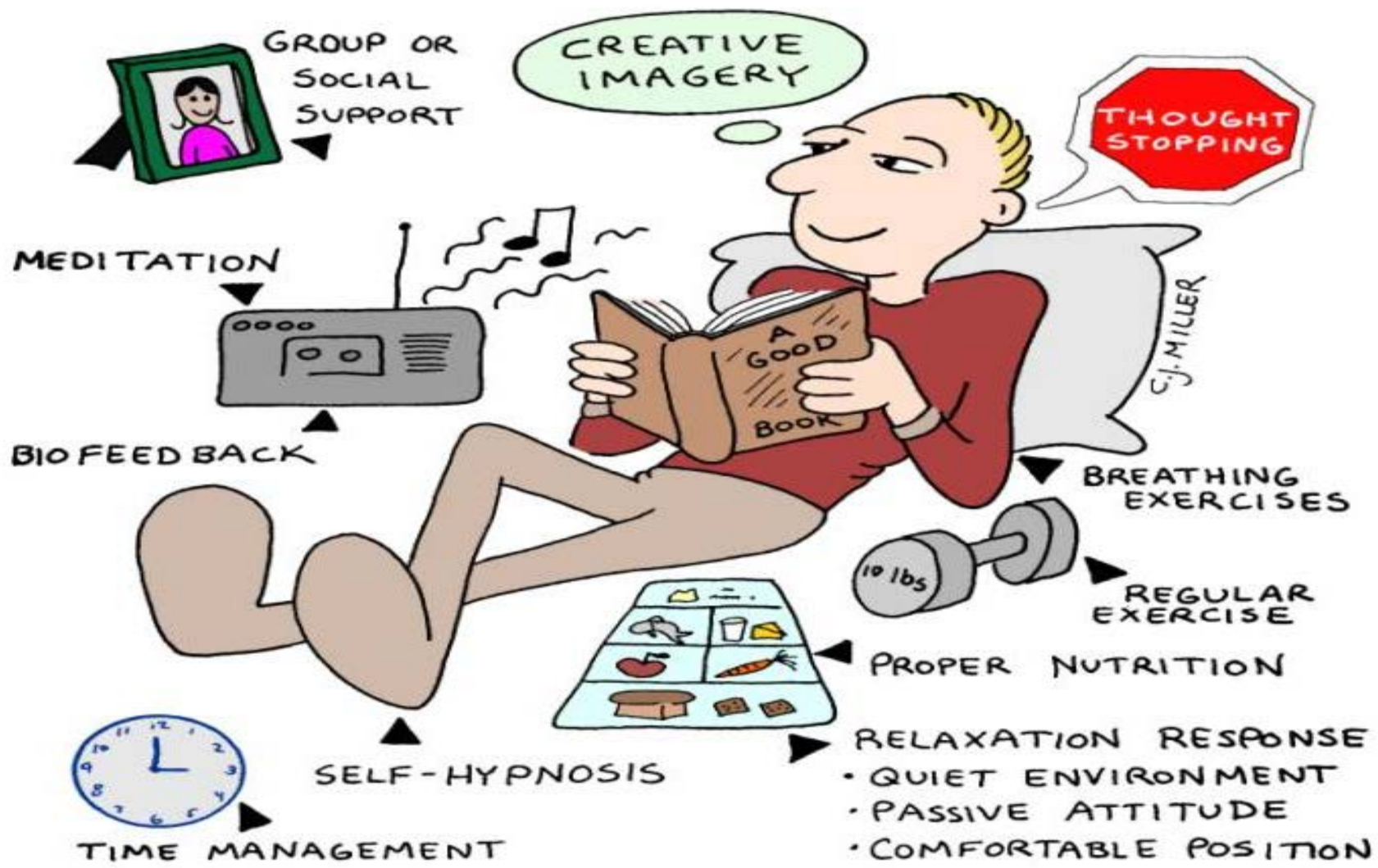
Rest

Self Confidence

Exercise

Friends

STRESS REDUCTION METHODS



इति ते ज्ञानमाख्यातं गुह्याद् गुह्यतरं मया
विमृश्यैतदशेषेण यथेच्छसि तथा कुरु

भ.गी.अ. १८/६३

आ प्रमाणे में तमने गुह्यतम ज्ञान विषे माहिती
आपी छे.

आ विषे तमे मनन करो अने पछी तमारी जेवी
ईच्छा होय तेम करो.

Remember

**Nobody can
stop you growing,**

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



Thank You

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