

iirsm

INTERNATIONAL INSTITUTE OF
RISK AND SAFETY MANAGEMENT

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STRESS MANAGEMENT

We will discuss two important aspects:

- **Understanding Stress**

- **Practical Guidelines to Stress Management**

Overtime **Sick**

Dread **Health** No Time Tired
Headache

Fear

Time Management

Bills payments

Stress

Stress

Debt

No Sleep

Work

Insurance

Anxiety

Fear

Savings

Worry

Job Retirement

Overdue

Late Nights

Anxiety

Expectations



Stress

The No.1 disease of the modern age

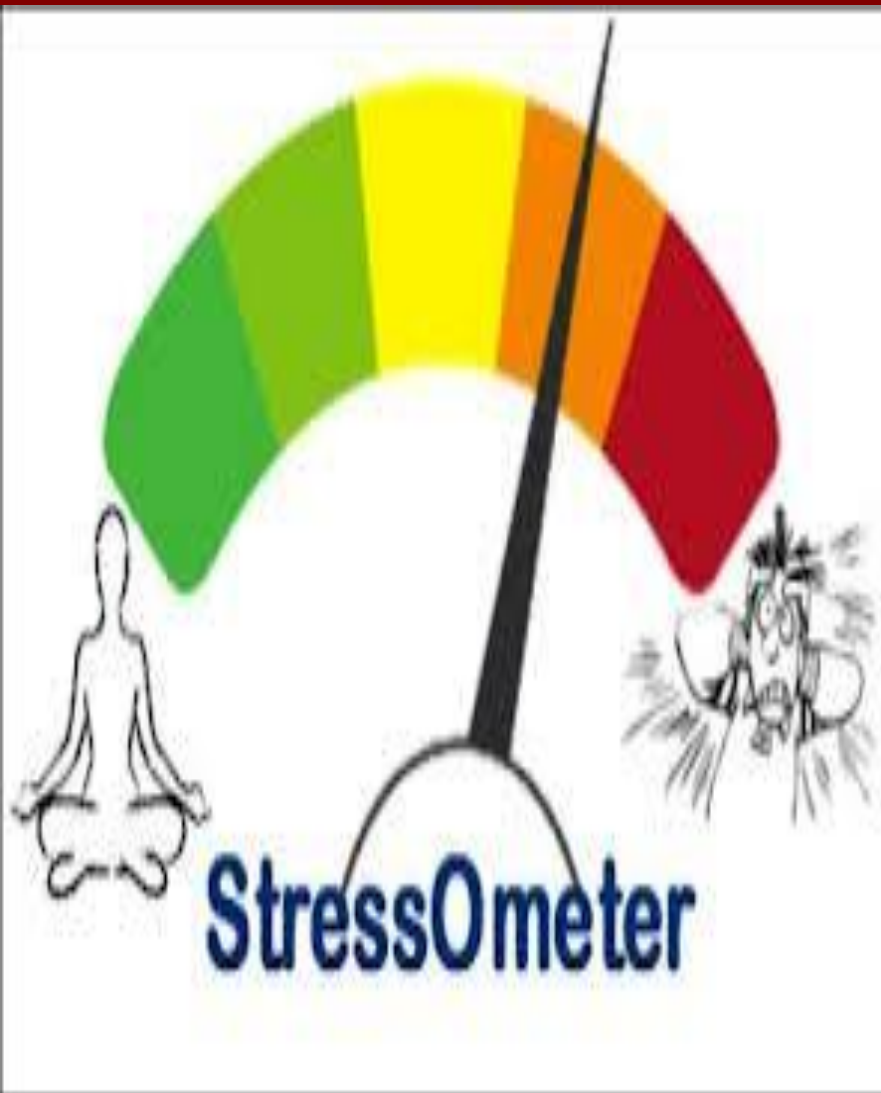
All pervasive

The Hidden Enemy

Uniquely different from other diseases

**Underlying factor for a variety of
physical & mental illnesses**

ARE YOU STRESSED?



www.jamiubadmos.com

3-Always

2-Often

1-Sometimes

0-Never

SCORE	REMARKS
0-11	<p>You are doing a great job at managing your stress!</p> <ul style="list-style-type: none">✚ Make sure you keep up what you are doing!
12-23	<p>You are on the verge of being stressed out!</p> <ul style="list-style-type: none">✚ Make sure that you take some time out for yourself and relax a little more.✚ Organize time for yourself, work, family and exercise.
24-35	<p>You are in a state of stress and beginning to tip towards a serious stress level.</p> <ul style="list-style-type: none">✚ Take time to organize yourself.✚ Make sure that you are eating the proper foods and taking time out to exercise.✚ If you need to, talk with someone that you trust.
36-45	<p>Stress at this level affects your health both mentally and physically.</p> <p>You NEED to learn how to alleviate some of your stress by managing Time, exercising on a regular basis, coming up with a healthy diet plan and getting enough sleep.</p> <p>Worklife Balance is KEY !</p>



"I'M AFRAID YOU FAILED
YOUR STRESS TEST."

AAAARGH!



Б.Ю.В.

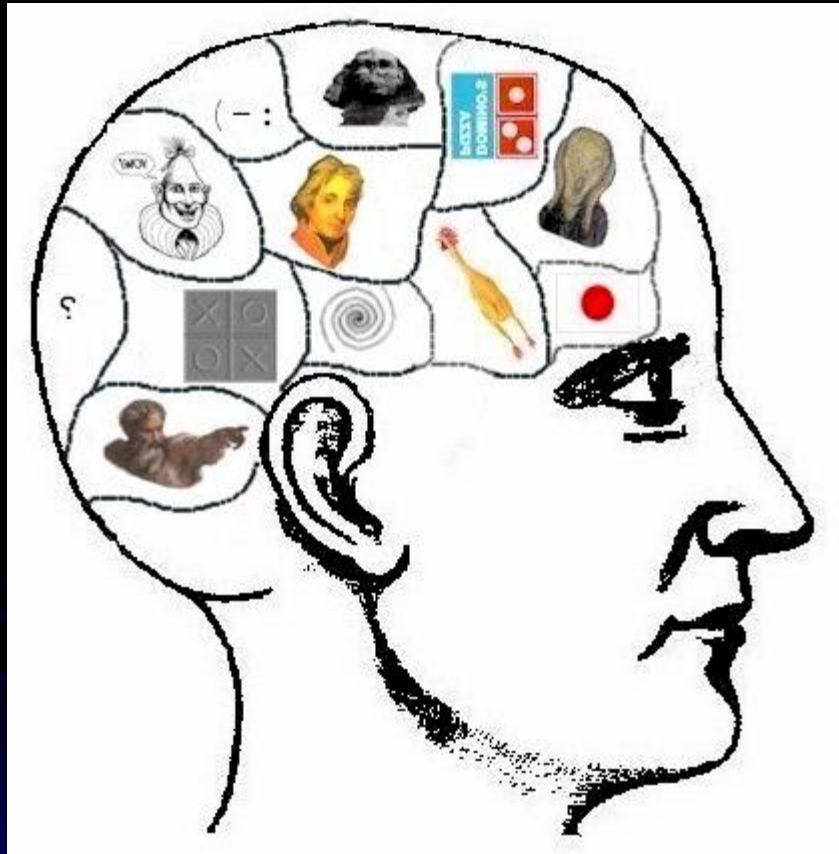
What is **STRESS** ?



The adverse reaction people have to excessive pressure or other types of demand placed on them - **HSE**







**It is a state
of mind
which
distorts
comfortable
way of living**



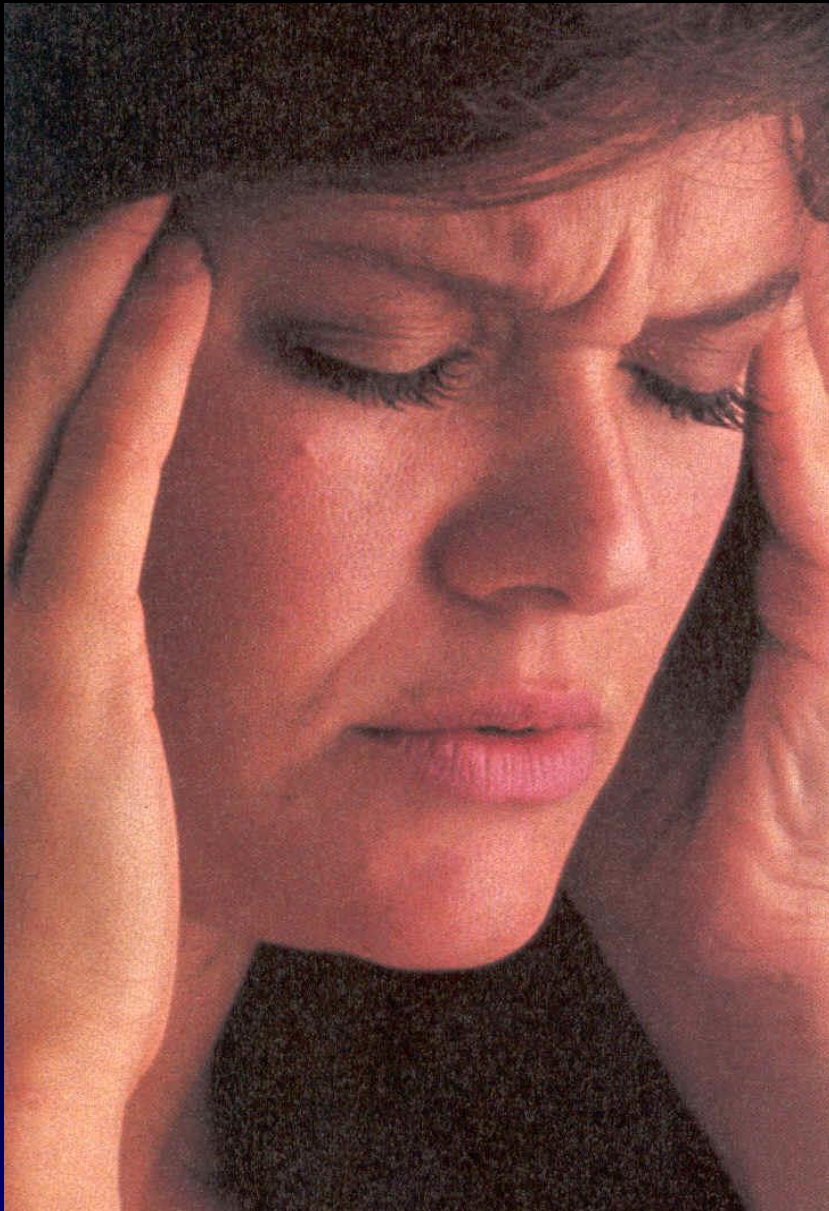


**A state of
DIS - EASE**





**Distress due
to any kind of
burden,
pressure or
hardship**



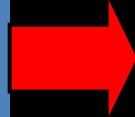
**Any condition
that gives rise
to worry,
tension &
frustration**

How does STRESS arise?

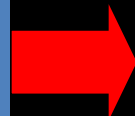
**Work
Stressors**



**People
Stressors**



**Mind
Stressors**



**Body
Stressors**



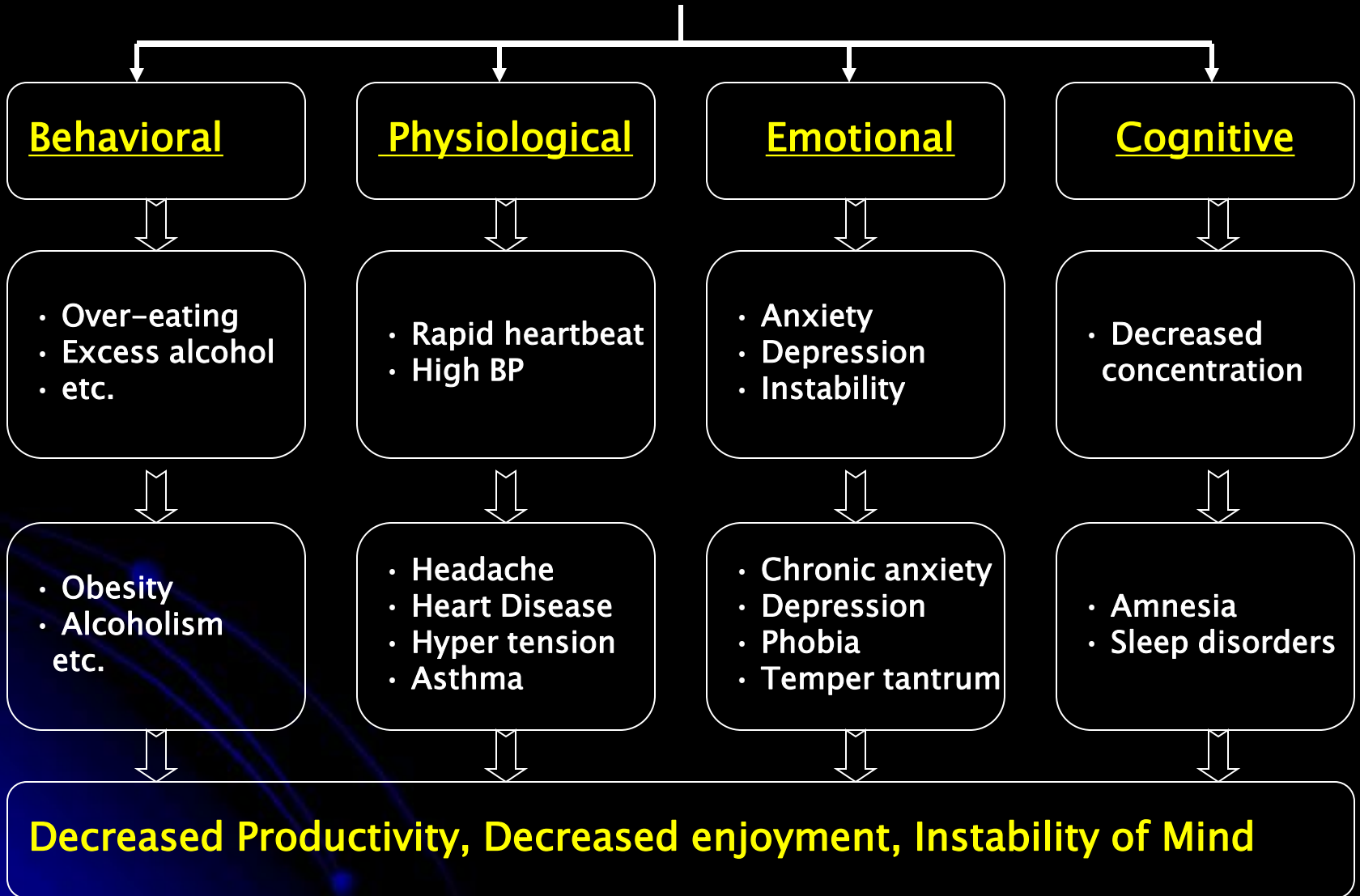
- Always too much work; never able to relax
- Efforts often seem for nothing – Don't get satisfying results
- Tension with family, friends or romantic partner
- Incompatibility with colleague's habits, schedule, lifestyle
- Interpersonal conflict; trouble expressing needs or standing up for rights
- Worry about what people think?
- More time spent thinking about what did go wrong than where you can go from here
- Motivation problems, difficulty getting started
- Insufficient sleep
- Inadequate nutrition, missed meals, reliance on junk food
- Aversive environment

STRESS ARISES...

from a transaction between an individual and the environment when the individual perceives the stimuli as :

- Damaging
- Threatening
- Challenging

Effects of Stress





Physical Symptoms of Anxiety Disorder

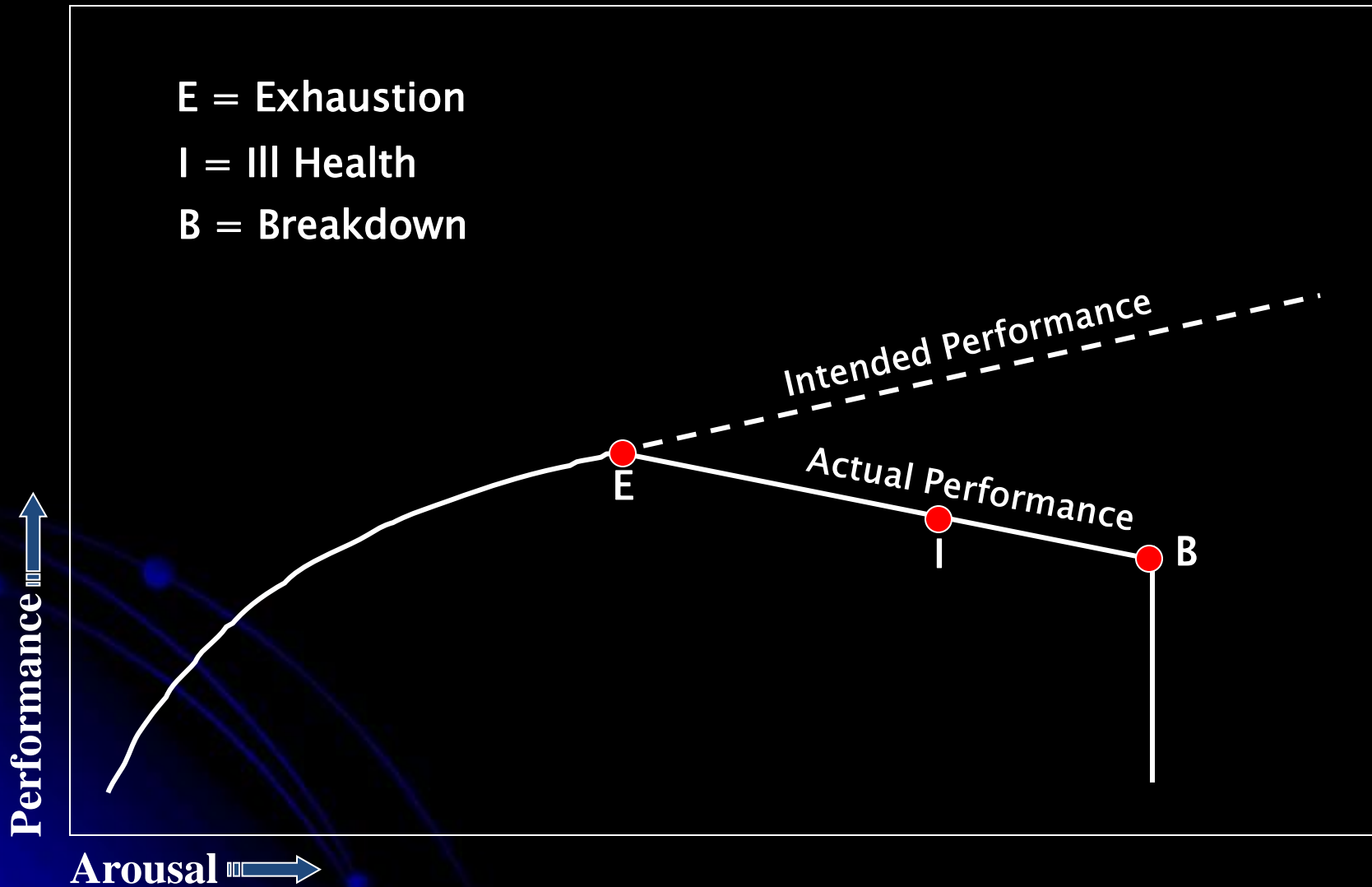


- Numbness
- Tremors

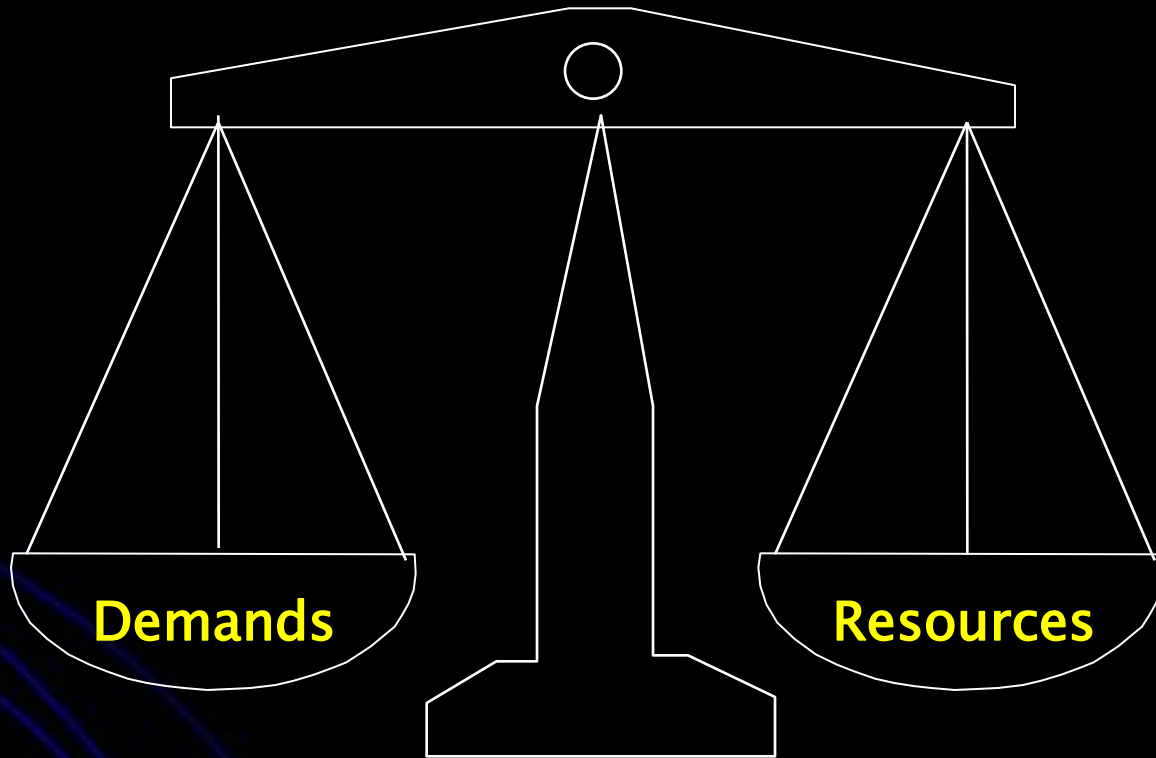
- Chills / hot flashes
- Weakness



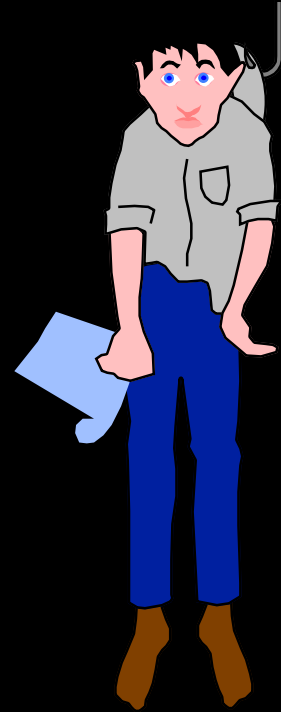
Human Function Curve



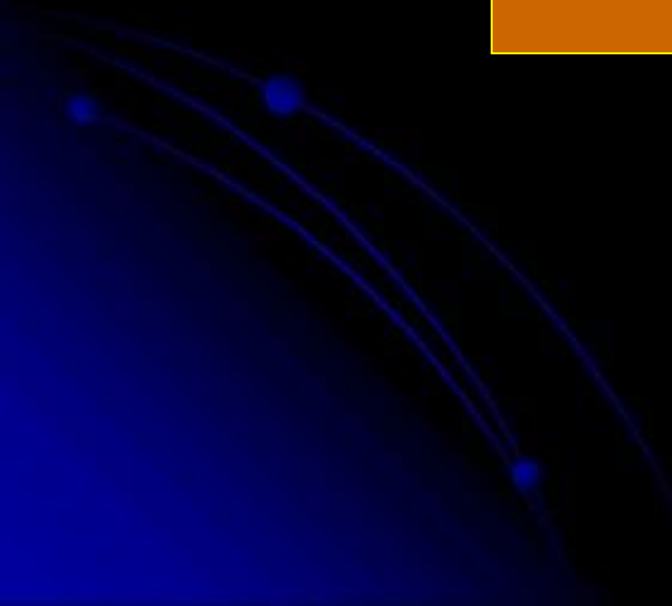
Stress arises when:



Demands > Resources



TACKLING STRESS



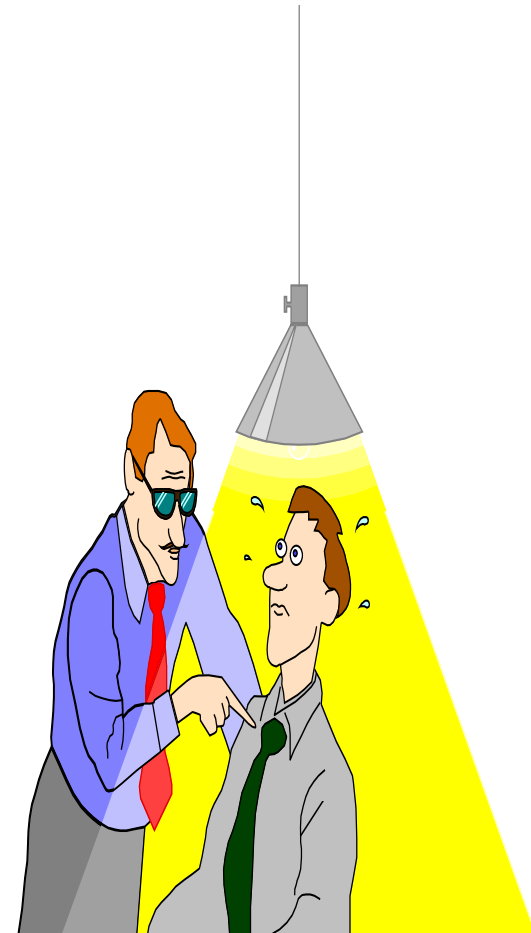
Why do we need to tackle stress?

When stress goes 

The productivity will go 

AND

The sickness/absence will go 

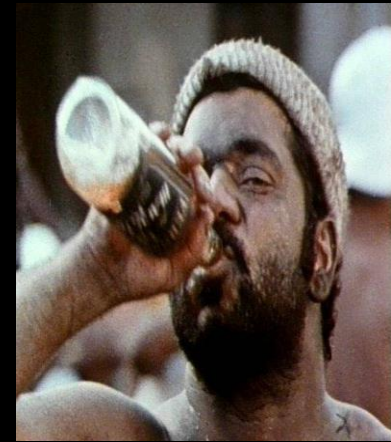


Different people resort to different ways to tackle stress

Tranquilizers & Other drugs



Drinking



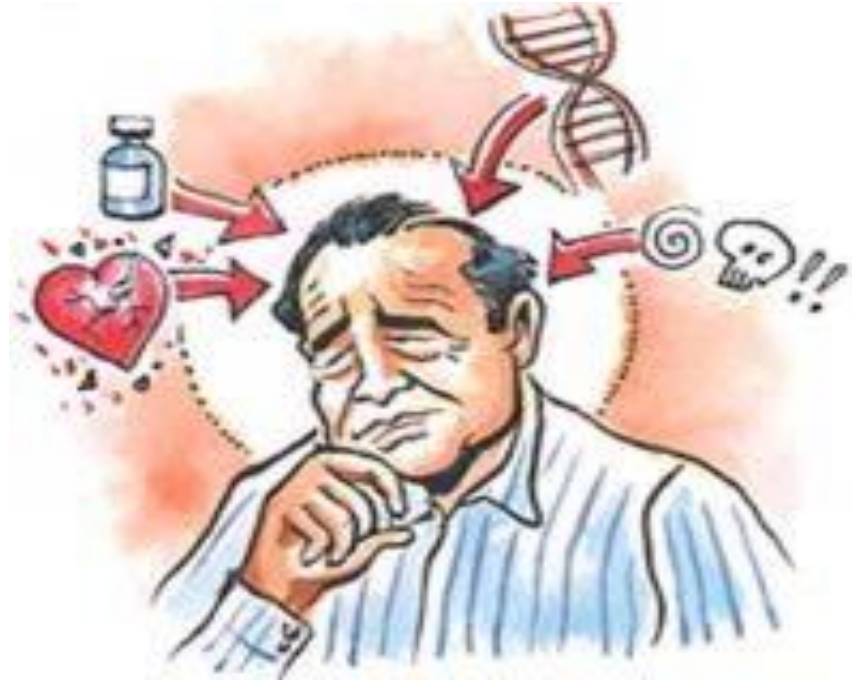
Smoking



Gambling



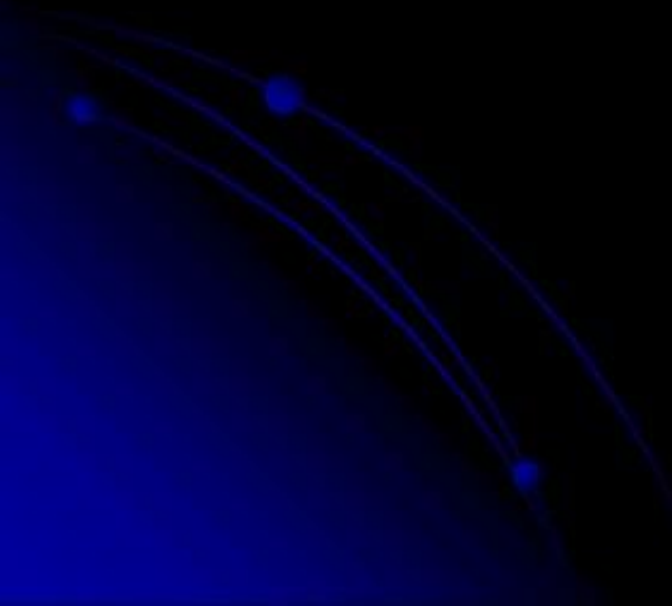
Do they really help ?



No No No!!!!!!!

TACKLING STRESS

Some practical
guidelines



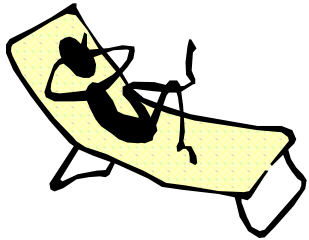
Managing Stress



Don't work too long hours



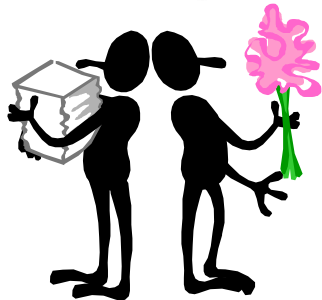
Microsoft
PowerPoint Slide Show



Plan regular breaks



Express your feelings



Separate work from home



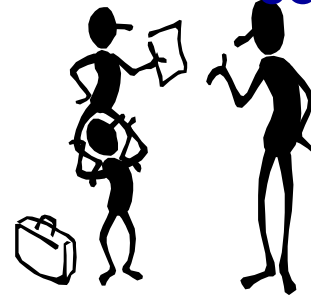
Make time for social activities



Don't become addicted



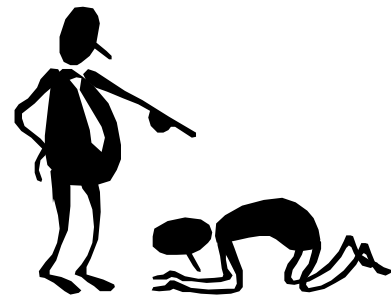
Learn to say no!!



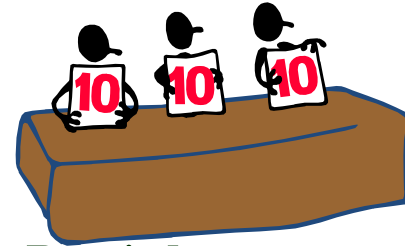
Seek support



Exercise regularly



Appreciate your colleagues



Don't be a perfectionist

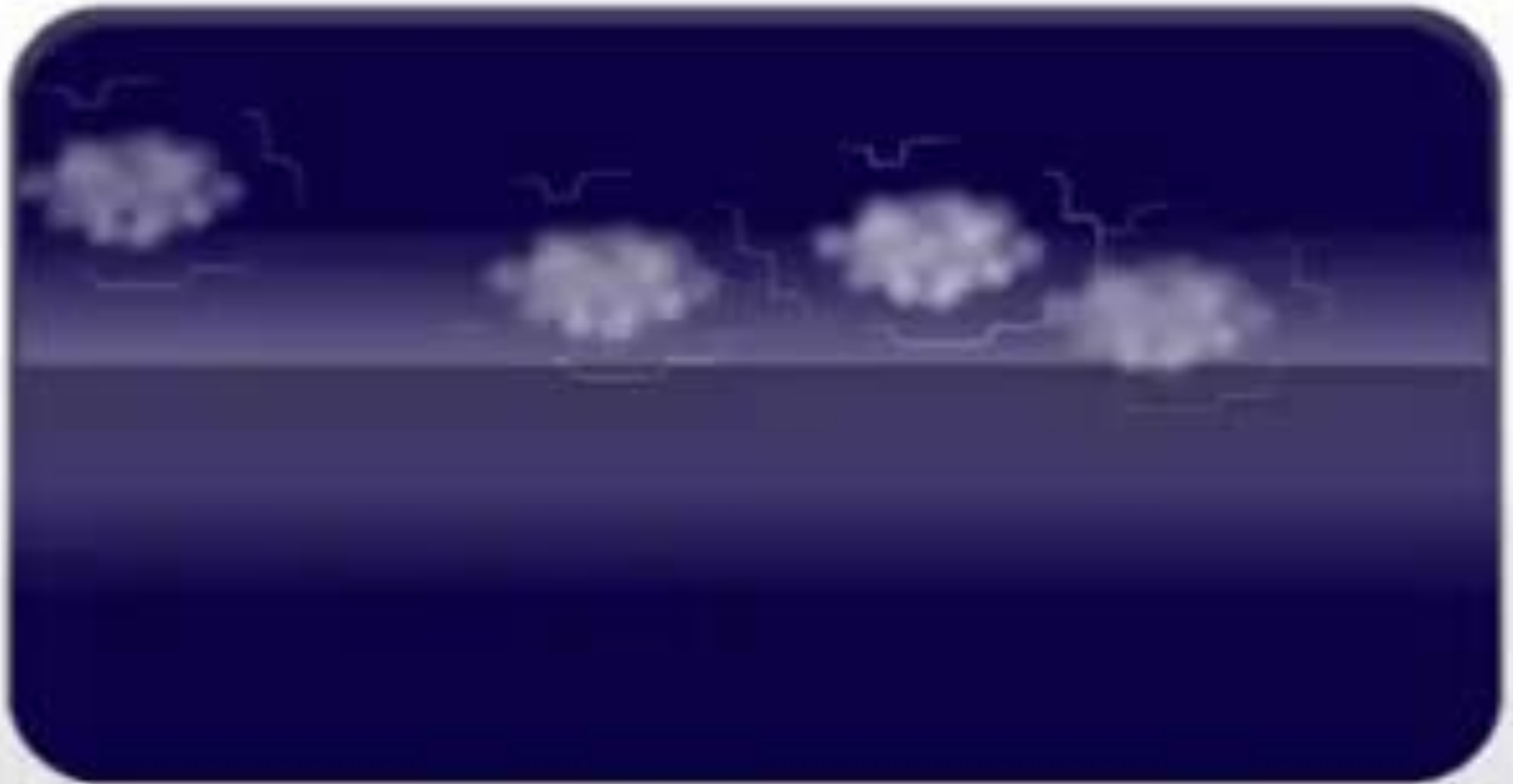


Don't do all things by yourself

SAFETY TIPS FOR THE DAY



UBUNTU!!!!





TEAM

T TOGETHER
E EVERYONE
A ACHIEVES
M MORE

ubuntu



THANK YOU

GRACIAS
ARIGATO
SHUKURIA
JUSPAXAR

TASHAKKUR ATU
GOZAIMASHITA
EFCHARISTO

GRAZIE
MEHRBANI
PALDIES

YUQHANYELAY
SUKSAMA
EKHMET
BOLZIN

BIYAN
SHUKRIA
MERCI

DANKSCHEEN
SPASSIBO
SNACHALHUYA
NUHUN
CHALTU
WABEEJA
MAITEKA
HUI
YUSPAGARATAM
DHIANYABAD
ANBIA
ATTO
MERSI
DENKAUJA
HEHACHALHYA
UNALCHEESH
HATUR GI
EKOJU
SIKOMO
MAKETAI
MINMONCHAR
MAAKE
LAH
KOMAPSUMNIDA
SANCO
MERASTAWHY
GAEJTHO
AGUYJE
FAKAQUE
BAINKA
TAVTAPUCH
MEDAWAGSE
TINGKI