



Stress Management and Work- Life Integration

Prasad Revur, PhD

Agenda

Introduction

What is Stress?

What causes Stress?

How to overcome Stress?

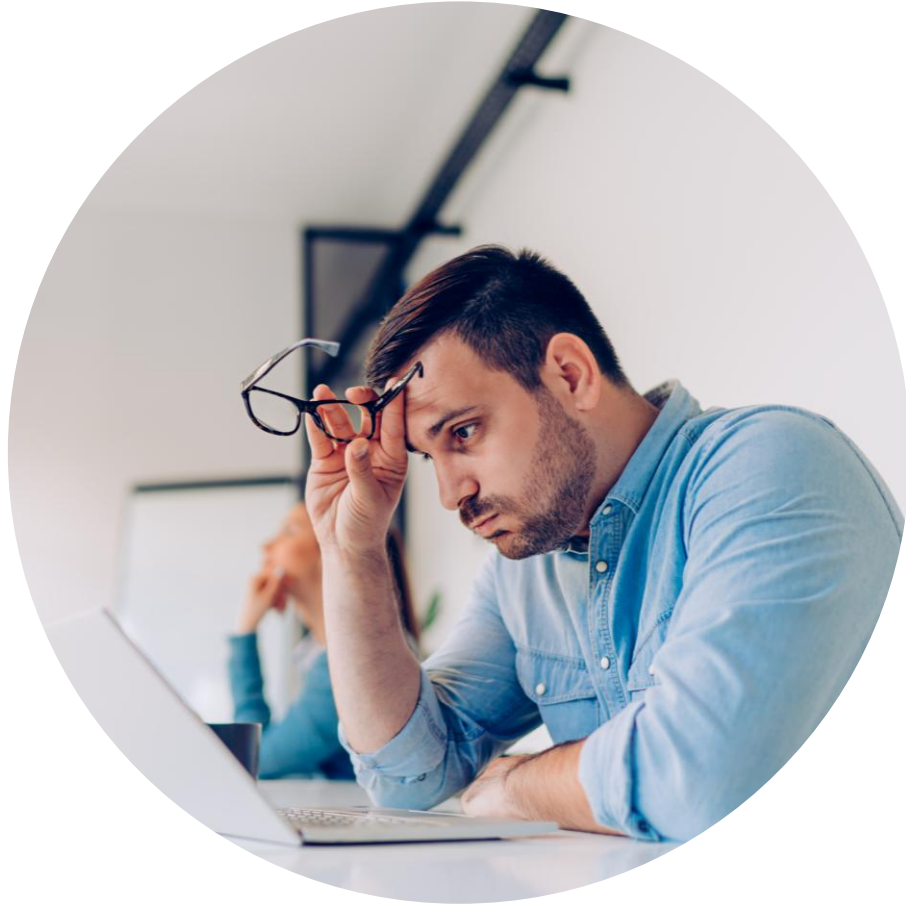
How to enjoy work?

Sharing experiences

Final tips & takeaways

What is Stress?

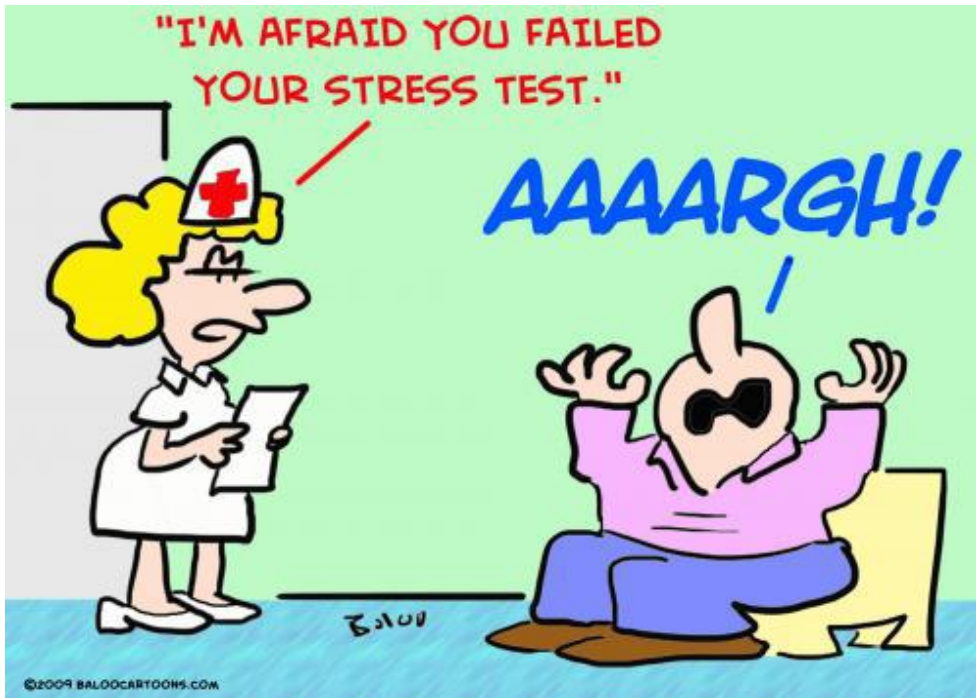
- Please take a few minutes to List down where you feel stressed?
- How to identify whether you are in stress?
- What happens to your body when you are stressed out?
- What happens to your relationships when you are facing severe stress?
- Is stress always bad?



Stress!

- **Stress** is the body's response to demands or challenges.
- It is **not always bad**—a certain level of stress can enhance focus and motivation.
- **Chronic stress** (long-term) leads to burnout, poor performance, and health issues.

Stress!

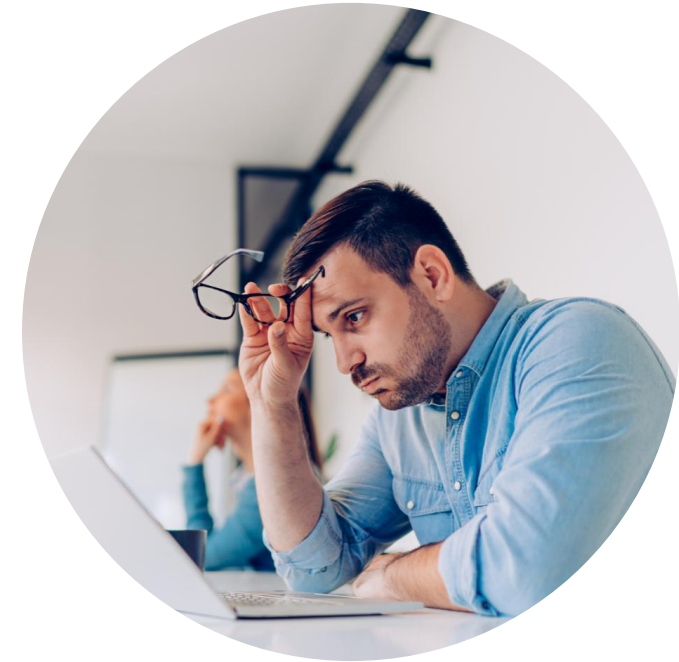


- ❑ Stress is how our body responds to the demands and expectations of others and Self
- ❑ It depends on how you handle pressures, responsibilities and perceived threats.
- ❑ Any kind of change that pushes us out of our comfort zone

What are the Root causes of Stress?



Root Causes for Stress?



Perfectionism

Fear of Failure

Over Commitment, under delivery

Poor Work Life Integration

Lack of Authority/ Autonomy

Lack of Trust at the Team level

Lack of Motivation

Common Triggers for Stress



Personal Changes

- Illness, Break up with loved ones, financial loss

Family Changes

- Death, Marriage/Divorce, Children education, etc

Work Changes

- New role, New boss

Environmental Changes

- Weather impact, War, Global recession

Triggers for Stress at work



Deadlines & Workload: High project pressure, unrealistic timelines.



Unclear Expectations: Confusion about roles, responsibilities, or priorities.



Lack of Control: Feeling powerless in decision-making.



Workplace Conflicts: Issues with colleagues, managers, or clients.



Repetitive Work / Lack of Growth: Feeling stuck in a routine without progress.

Stress is a signal—when we understand it, we can change our response instead of suffering from it.

Symptoms of Stress

- Muscle Contractions, Fatigue, Indigestion, Weight loss or gain, Thyroid increase, sudden illness, ulcers
- Irritable, loss of concentration, memory loss, anxiety, Depression
- Impatient, want to be left alone, gets upset quickly, excess eating
- Easily distracted, Negative thoughts, feels a failure

Activity Time



Activity



what are the different stress points you are facing. At work, personal, environment or any other.



What is causing that stress?



What emotions do you feel when you are stressed out?



What are you LOSING because of this?



How is your personal life impacted?



Do you want to Continue with this stress? Or Ready to change?



Choice is Yours!



Shut Up and Move On (SUMO)



How to beat the Stress at work?

- ☐ Cognitive/ Emotional
- ☐ Physiological
- ☐ Behavioral



How to beat the Stress at work?

- ❑ Emotional Intelligence
 - Positive Psychology
 - Revisit Perceptions, rewire
 - Replace old habits with new
 - Take it Easy

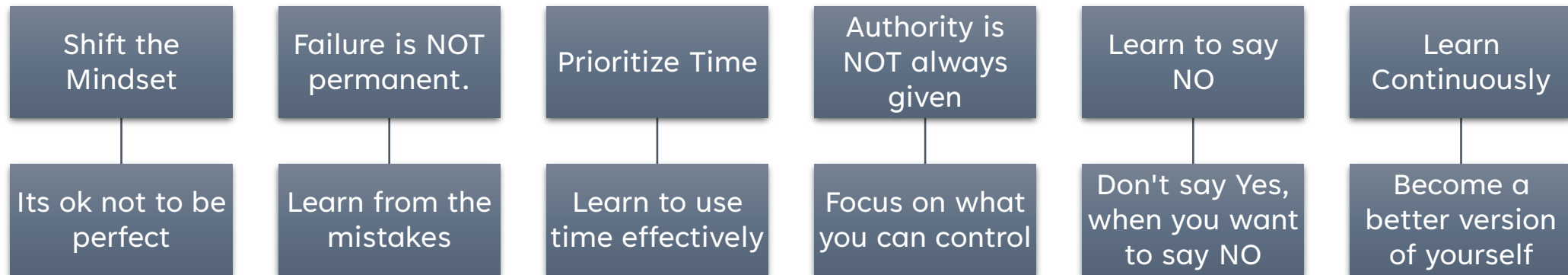
How to beat the Stress at work?

- ❑ Physiological
 - Physical Exercise
 - Breathing Exercises
 - Sleeping Techniques
 - Diet
 - Relaxation Techniques

How to beat the Stress at work?

- ❑ Behavioral
 - Learn to Say NO
 - Set boundaries
 - Be assertive
 - Start pleasing yourself
 - Empathy in dealing with others

How to beat the Stress at work?



The only person who can make you happy is yourself.



Enjoy your Work Life Balance



Life Work Integration!

Shift from Stress Mode to Challenge Mode

- Approach work with curiosity and creativity.

Balance Technical & Soft Skills

- Improve Your Soft skills

Develop a Growth Mindset

- See problems as **puzzles to solve**, not as **threats**

Take Breaks & Maintain Health

- Do not neglect stress related fatigue

Life Work Integration!

Revisit your approach to stressors

- Approach work with positive intent. Find solutions

Look at the BIG picture

- Ask questions. Stop wearing a victim hat.

Reframe the discussion point. Respond not react!

- Get more clarity before reacting.

Pause before you speak

- Do not react immediately. Take time to respond

Life Work Integration!

Make time for fun and Relaxation

- Set aside time for relaxation

Network

- Improve your networking

Make a new habit

- Revive a old habit, sing a song

Do something you enjoy every day

- Try doing something differently today

What NOT to do, when you are stressed out!

- Excessive Smoking
- Consume Alcohol alone and in large quantities
- Withdrawing from friends and closed ones
- Procrastinating
- Taking medication without consulting a specialist
- Showing irritation on small kids, spouse or old people
- Eating junk food, skipping regular meals



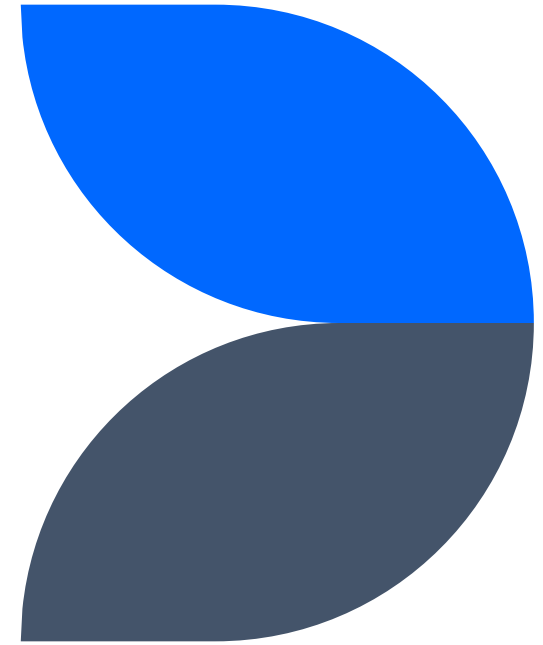
**Work can be enjoyable
when approached with
the right mindset.**

**Engineers build the
future—let's do it with
passion, not pressure!**



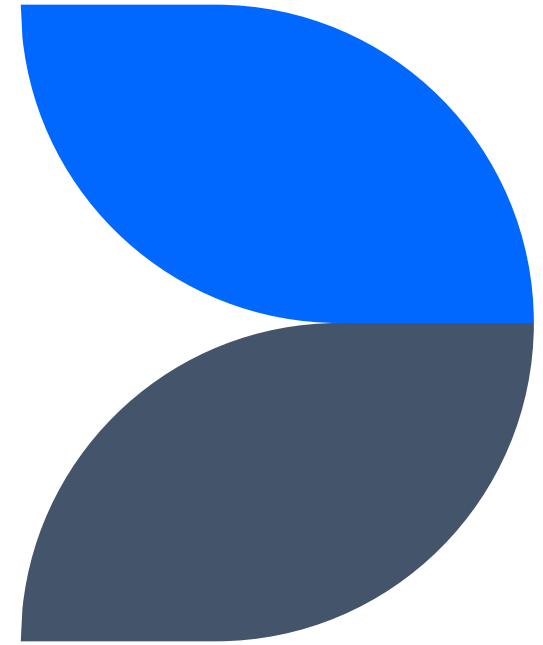
**What was your
one discussion
you regret?**

How would you go about it now?



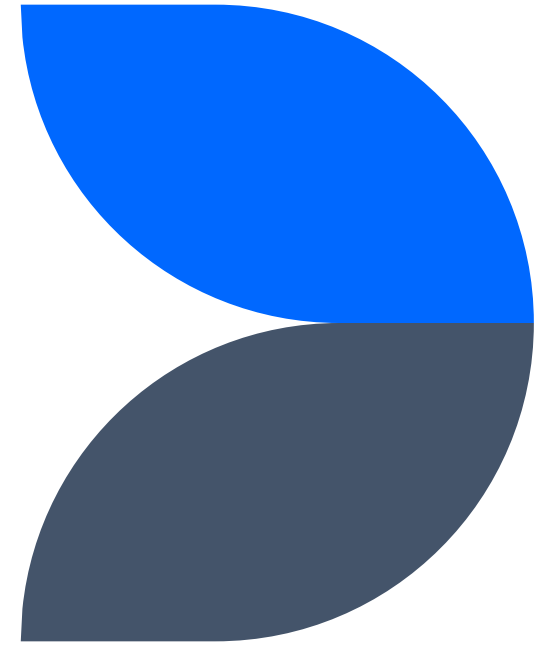
**What was your
one decision you
regret?**

How would you go about it now?



**You are given a
fresh start today
at your work.**

How would you go about it now?



Reflections



ACTION ITEMS!

What are your key Takeaways on Stress?

What are the THREE actions you will take to be **stress-free and lead a balanced life** from NOW!

Stress is NOT always bad
Reflect on performance
Explore new techniques
Set personal goals
Learn to let GO

Final tips & takeaways

- Our perceptions influence our **Stress** Level
 - Stop Judging!
- Control the controllable
 - What is not in your control, just be an observer
- Take Charge of Your life
 - Be responsible for your own actions
- Improve Your Overall Health
 - Be physically and Mentally FIT!

LIVE THIS PRESENT MOMENT COMPLETELY!



Thank you

Prasad RVSS, PhD

998-947-7948

prasadruss67@gmail.com

www.thesalesleader.in