

Managing Stress

Organizational Approaches

Strategies that management might want to consider include

- 1) Improved Personnel selection and job placement
- 2) Use of realistic goal setting , redesigning of jobs.
- 3) Training
- 4) Increased Employee Involvement
- 5) Improved Organizational Communication
- 6) Establishment of corporate wellness program most alert and productive.

Individual Approaches

1) Practicing Time management principles:

- Making a daily list of activities to be accomplished.
- Prioritizing the activities by importance and urgency.
- Scheduling the activating according to priority set.
- Handling most demanding part of the job during the high part of your cycle, when you are most alert and productive.
- Non Competitive Physical Exercises To Cope With Excessive Level of Stress.

2) Individuals can teach themselves to reduce tension through relaxation techniques such as meditation, biofeedback, and bio feedback.

3) Expanding the social network: having friends and family or colleagues to talk with that provides an outlet for excessive stress.