

HUMAN RESOURCE TOPIC PAPER PRESENTATION
“STRESS MANAGEMENT-AN OVERVIEW”

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ABSTRACT

Stress is seen in every corner of the world and which occurs to everyone. People use the term stress to describe the feeling they have when it all seems too much, when they are overloaded and don't feel that they are able to meet all the demands placed upon them. A child burdened with heavy bag right from School to the Manager of Corporate world, stress has become a new lifestyle disease. It has become predominant and people have come up with balanced monitored concepts to minimise stress. This paper proceeds to explain stress, the causes and the ways to minimise stress.

1.WHAT IS STRESS?

Researchers define stress as a physical, mental, or emotional response to events that causes bodily or mental tension. Simply put, stress is any outside force or event that has an effect on our body or mind

The term “stress”, as it is currently used was coined by Hans Selye in 1936, who defined it as “the non-specific response of the body to any demand for change” In attempting to extrapolate his animal studies to humans so that people would understand what he meant, he redefined stress as “The rate of wear and tear on the body”

According to Richard S Lazarus,

“Stress is a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize.”

Papers On Stress

James Clerk Maxwell



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Selected Papers on Stress Analysis Institute of Physics (Great Britain). Stress Analysis Group,1961 **The scientific papers of James Clerk Maxwell** ,1890 **Principles and Practice of Stress Management, Third Edition** Paul M. Lehrer,Robert L. Woolfolk,Wesley E. Sime,2007-08-16 Structured for optimal use as a clinical reference and text this comprehensive work reviews effective stress management techniques and their applications for treating psychological problems and enhancing physical health and performance Leading experts present in depth descriptions of progressive relaxation hypnosis biofeedback meditation cognitive methods and other therapies Tightly edited chapters examine each method s theoretical and empirical underpinnings and provide step by step guidelines for assessment and implementation illustrated with detailed case examples The volume also explains basic mechanisms of stress and relaxation and offers research based guidance for improving treatment outcomes **The Scientific Papers** James Clerk Maxwell,1890

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