

Stress Management

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Anger & Stress

Cause or effect

Let's take an oath

**যাহা বলিব সত্য বলিব, সত্য বই
মিথ্যা বলিব না**

*Whether you
are stressed ?*

- Do you know who you are?
- Whether you are arrogant?
- Whether you are self-confident?
- Can you say “No” to someone?
- Whether success makes you happy?
- Whether failure makes you sad?
- **Have you started something that you're now unable to stop?**

- Are you too shy to admit that you're wrong?
- Do you hesitate to relax?
- Whether you struggle to communicate?
- Whether you fear to condemn wrong deeds?
- Whether you struggle to listen?
- Whether you struggle to forget & forgive?
- **Whether you struggle to learn?**

Yes, you're stressed

*Stress is the price you pay for
forgetting to breathe in the present
moment*

Anybody can become angry-that is easy; but to be angry with the right person, to the right degree, at the right time, and for the right purpose-that is certainly not easy.

It is more fun to be overworked than to be underworked

When management arrives before the workforce and leaves after they do, they are seen as providing leadership.

Quick fix

- Prioritize and Organize Tasks.
- Take Breaks.
- Set Boundaries.
- Practice Mindfulness and Relaxation.
- Maintain a Healthy Work-Life Balance.
- Stay Connected.
- **Manage Expectations.**

Practice Self-Care

Thank You