

**#BEREMARKABLE**

**be unique**





***Resourceful***



**BE AN EXPERT**



**SHARE**





# **Stress Management**

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# STRESS IN THE WORKPLACE



## **Matthew 11:28**

28 “Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.”







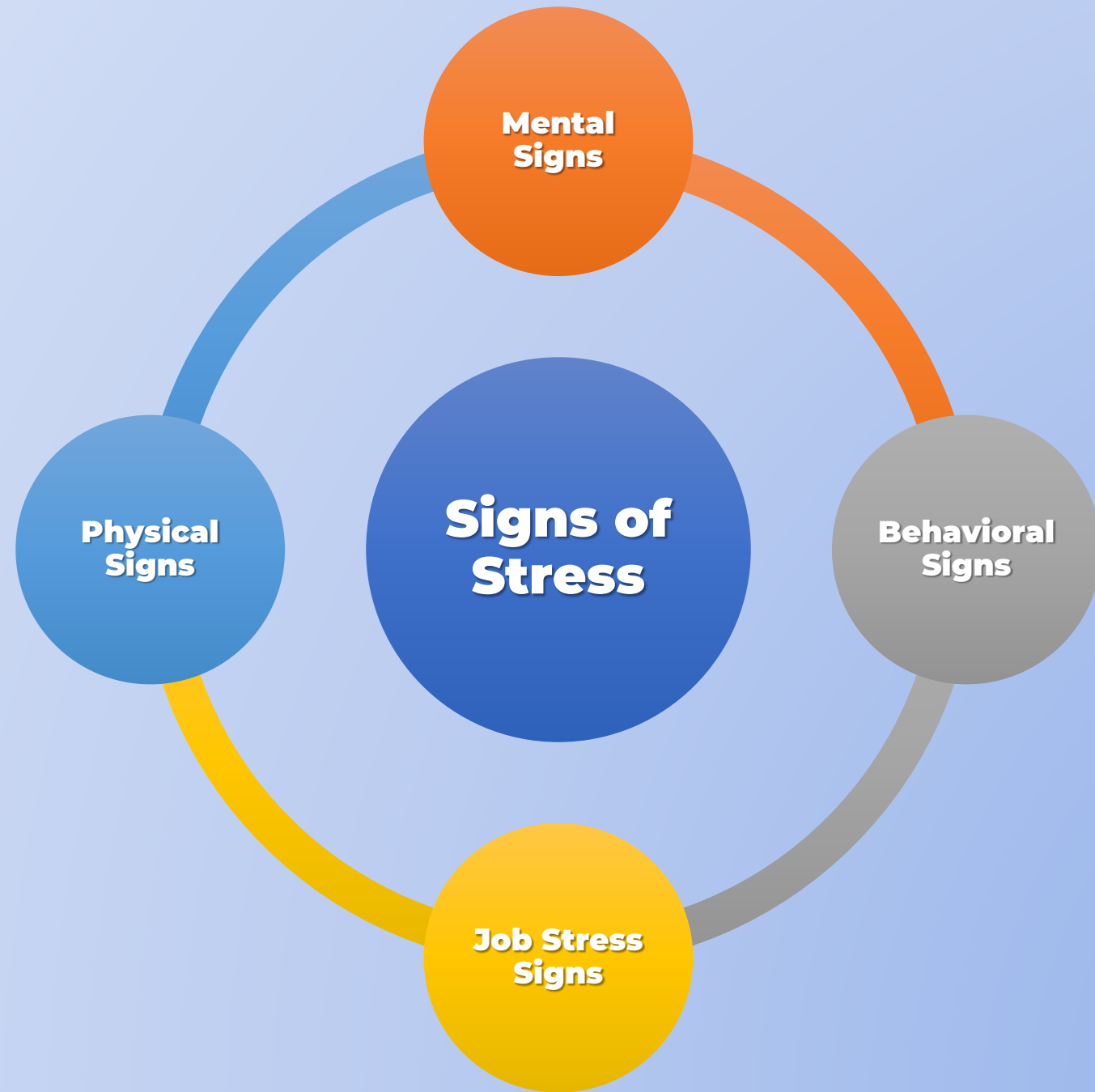
# What is **Stress?**





# Impact of Stress







# PROBABLE SYMPTOMS

- Insomnia
- Loss of Mental Concentration
- Absenteeism
- Depression
- Extreme Anger and Frustration
- Family Conflict
- Migraine, Headaches and Back Problems



**“ Listening is the beginning  
of understanding ”**



REACTION BURNOUT WEATHER IRRITABILITY SADNESS  
MEMORY PROBLEM SYMPTOM SOCIETY STRESSOR FAMILY  
DEPRESSION BLOOD PRESSURE NOISE PRESSURE  
NEWS ACUTE STRESS LACK OF FOCUS DISTURBANCE RELATIONS  
PAIN FINANCIAL MATTERS INFORMATION PANIC ILLNESS  
FEELING STRESS EFFECT STRESSFUL  
RUS  
WORK ANGER  
SOCIAL W  
TRAF  
TOBACCC  
ADRENALIN OVERWHELMING SYNDROME PSYCHOLOGY  
DANGER NERVOUS REACTIONS STRESS RESPONSE CROWD  
ISOLATION UNDEREATING  
SLEEP PROBLEMS ANXIETY PESSIMISM LACK OF MOTIVATION  
FORGETFULNESS OVEREATING DISORDER  
INSECURITY CHRONIC STRESS OVERLOADING  
LACK OF TIME FAMILY PROBLEMS RESTLESSNESS

# Causes of Stress

- Job Insecurity
- High Performance Demand
- Bad Boss
- Workplace Culture
- Personal or Family Problems
- Technology



**EUSTRESS**



**DISTRESS**







eustress

noun [yoo-STRES]

stress that is deemed healthful  
or giving one the feeling of fulfillment

**POSITIVE  
STRESS**



# Positive Stress Results

- Enables Concentration
- Increases Performance
- Energizes You Into Motion



# NEGATIVE STRESS



*old friend*  
↙

## distress

noun [dih-STRES]

great pain, anxiety, or sorrow;  
acute physical or mental suffering;  
affliction; trouble



# Negative Stress Results

- Loss of Motivation
- Reduces Effectiveness
- Physical, Mental and Behavioral Problems



# Effects of Stress

- Work-related stress can result in high levels of employee turnover.
- Employees experiencing stress are more likely to make poor decisions and casual errors.
- Workplace relations and customer service may deteriorate



# Types of Stress

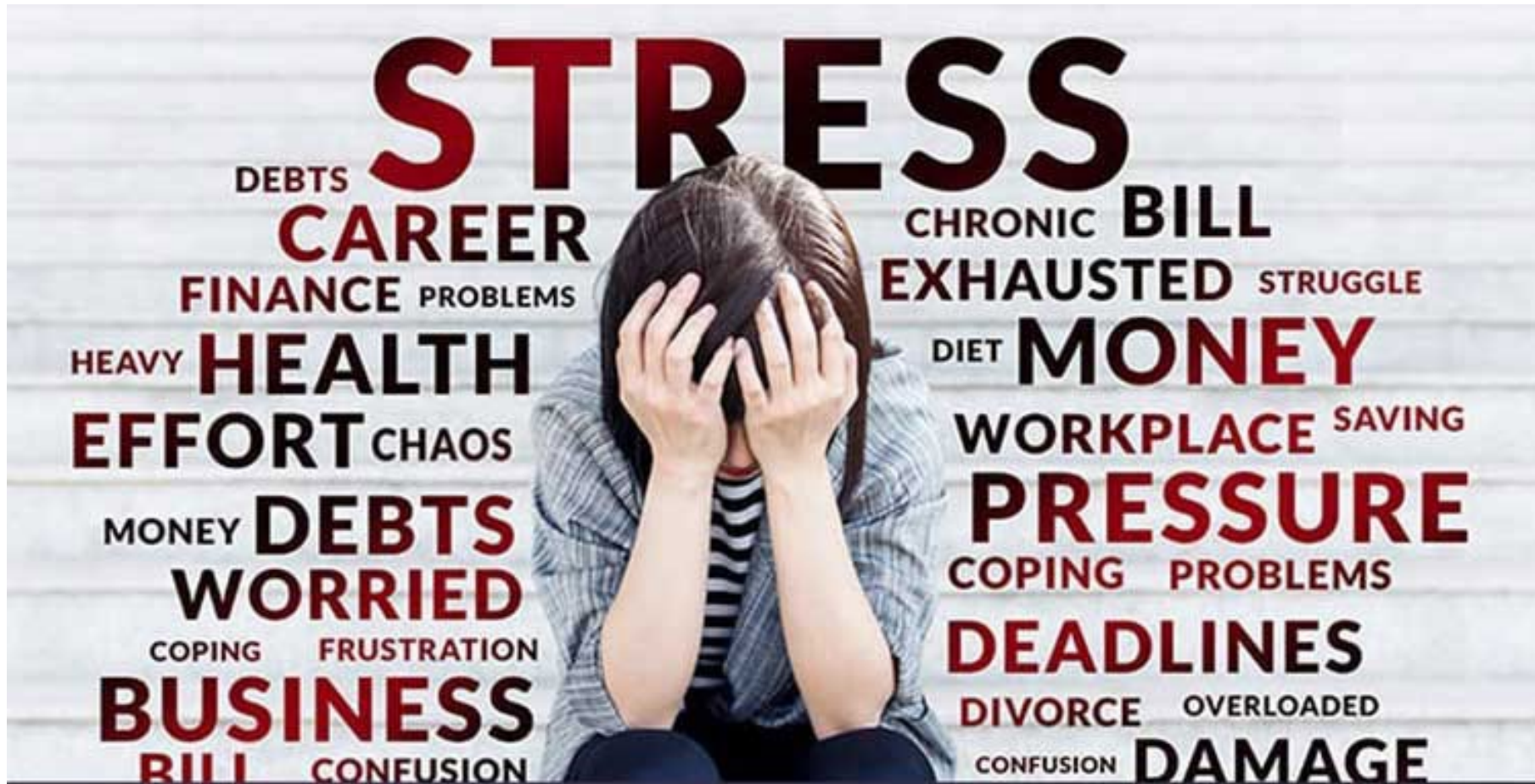




# ACUTE STRESS



# EPISODIC ACUTE STRESS







# **EPISODIC ACUTE STRESS**



# "TYPE A" PERSONALITY

Self-driven & Highly Competitive -

Ambitious & Goal Oriented -

Impatient & Intolerant -

Aggressive & Hostile -

Controlling & Dominant -

High Risk of Heart Disease -

Entrepreneurial & Workaholic -

Sense of urgency -

Fast-paced & Too Busy To Enjoy Life -

Motivated by Challenges -

Easily Stressed Out -



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- Sense of urgency
- Fast-paced & Too Busy To Enjoy Life
- Motivated by Challenges
- Easily Stressed Out



## "WORRIER" PERSONALITY

- Less competitive & Focused on Enjoying Life
- Easy-going, Relaxed & Highly Flexible
- Energetic, Outgoing, yet a Laid-back Attitude
- Imaginative & Creative
- Lighthearted & Persuasive
- High Levels Of Life Satisfaction
- Fun-loving, Easygoing & People-Oriented
- Enthusiastic & Spontaneous
- Friendly & Inspiring
- Self-confident & Reflective
- Highly Patient & Less Prone to Stress



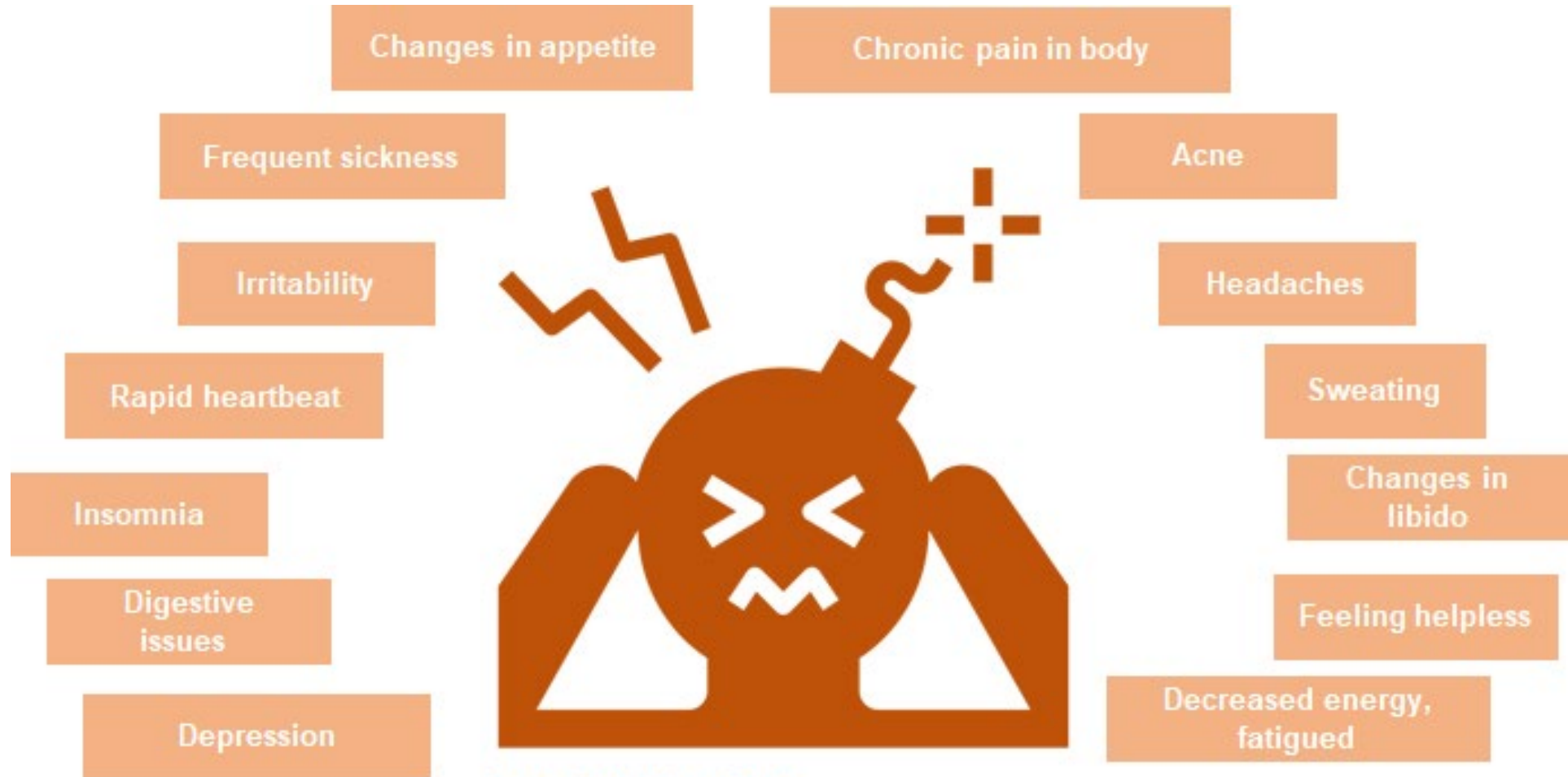
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# CHRONIC STRESS

It is the most harmful type of stress.



Created by Nithinan Tatah  
from Noun Project

# CHRONIC STRESS





# STRESS BUSTER

# Importance of Managing Stress



# Business Advantages of Stress Management







# Effective Stress Management





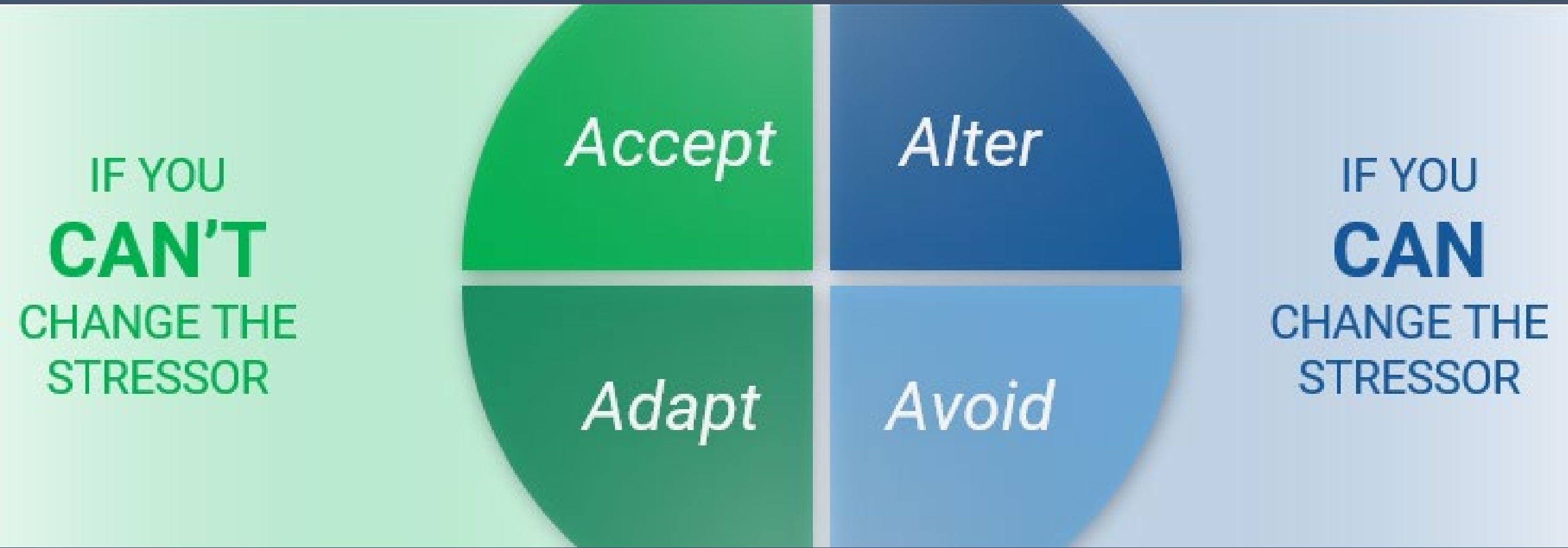
# **Stress Management Tips**



# Tip 1: **Identify the sources of stress in your life**



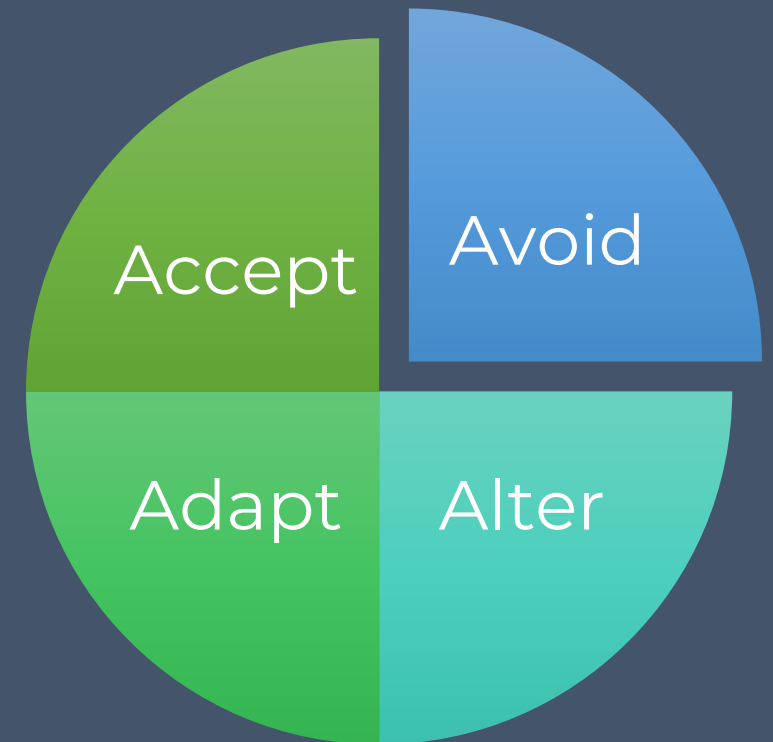
# Tip 2: 4 A's of Stress Management





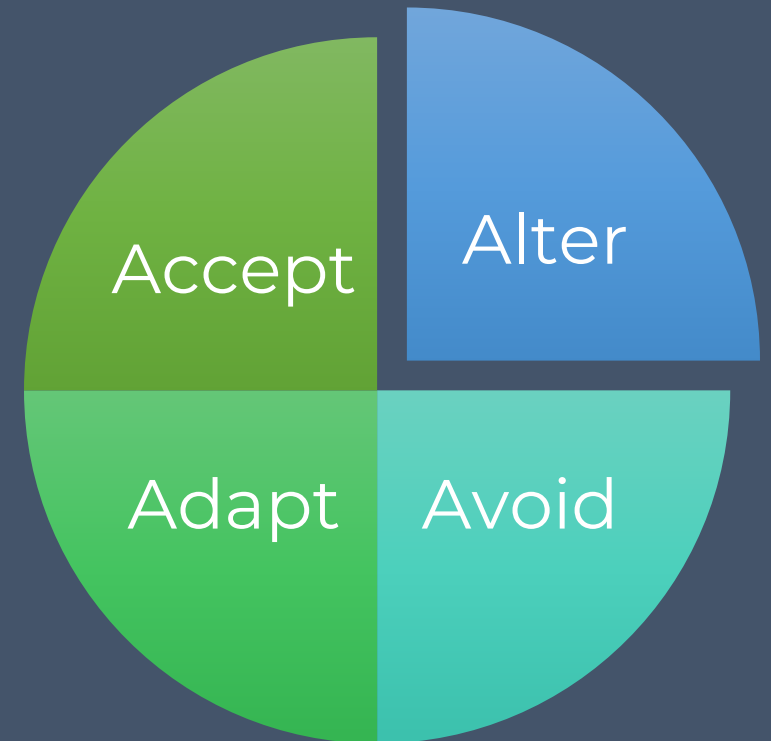
# 1<sup>ST</sup> A: AVOID UNNECESSARY STRESS

1. Learn how to say “no”
2. Avoid people who stresses you out
3. Take control of your environment
4. Pare down your to-do list



## 2<sup>nd</sup> A: ALTER THE SITUATION

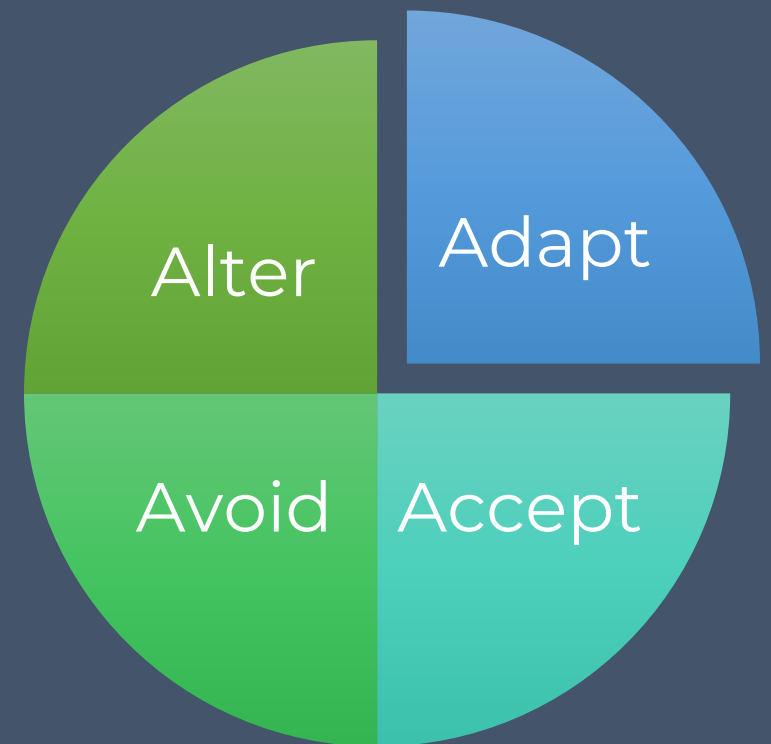
1. Express your feeling instead of bottling them up
2. Be willing to compromise
3. Create a balanced schedule





# 3<sup>rd</sup> A: ADAPT TO THE STRESSOR

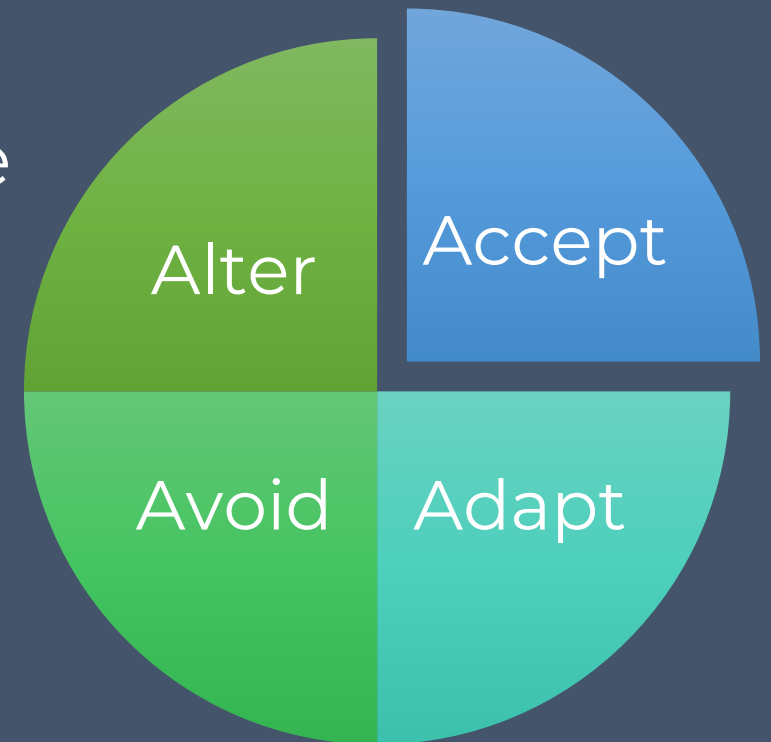
1. Reframe problems
2. Look at the big picture
3. Adjust your standards
4. Practice gratitude





# 4<sup>th</sup> A: ACCEPT THE THINGS YOU CAN'T CHANGE

1. Don't try to control the uncontrollable
2. Look for the upside
3. Learn to forgive
4. Share you feelings





A woman in a pink long-sleeved shirt and brown pants stands on a gravel path in a mountainous landscape. She has her hand on her hip and is looking towards the camera. The background shows a valley with green fields and mountains under a clear blue sky. The sun is shining brightly from the right, creating a lens flare effect.

Tip 3:  
**Get Moving**



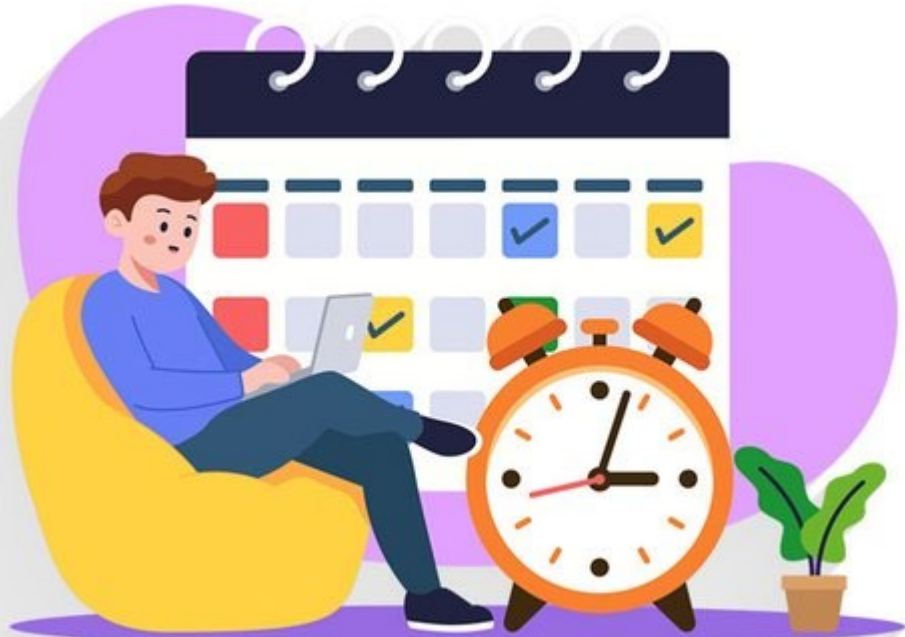
Tip 4:  
**Connect to  
Others**

A person is sitting on a wooden pier, looking out at the ocean during a sunset. The sky is filled with warm, golden light, and the water is calm. The person's silhouette is visible against the bright background.

## Tip 5: **Make time for Fun and Relaxation**

1. Set aside leisure time
2. Do something you enjoy every day
3. Keep your sense of humor
4. Take up a relaxation practice (yoga, meditation, etc.)

# Tip 6: **Manage your time better**



1. Don't over-commit yourself
2. Prioritize tasks
3. Break projects into small steps
4. Delegate responsibility

# Tip 7: Maintain balance with a healthy lifestyle

1. Eat a healthy diet
2. Reduce caffeine and sugar
3. Avoid alcohol, cigarettes, and drugs
4. Get enough sleep





Tip 8:  
**Learn to relieve  
stress in the  
moment**





Tip 8:  
**Learn to relieve  
stress in the  
moment**



## **Romans 12:2**

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.





## **Colossians 3:2**

Set your minds on things above, not on earthly things.



## **Philippians 4:8**

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

# #LOVEYOURWORK

a poem by H.L. Neri

**If you don't like your work,  
You'll need three times the energy  
To force yourself to work  
To resist the force  
And finally to work. If you love your work,**



**Your desire to do it  
Will be like a wind  
To propel your ship  
With much less fuel.**



**If you like your work,  
You work no more  
For work when you like it  
Is work no longer  
But sheer enjoyment.**



**If you enjoy your work,  
You'll work and work  
Without counting the hours  
And you'll reap and enjoy  
More earnings as well.**





# Thank You!

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