



Stress **and** **well-being**

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STRESS Defined as:

A state produced by a change in the environment that is perceived as challenging, threatening, or damaging to the persons dynamic equilibrium



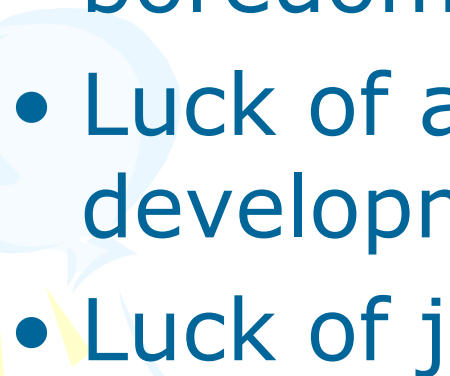

Sources of stress

1. Family stress:

- Financial problems.
- Relationship problems.
- Illness.
- Family changes such as birth, death, marriage or divorce.



• **2. Career development stress:**

- Under promotion, frustration, and boredom with current role.
 - Lack of a clear plan for career development.
 - Lack of job security.
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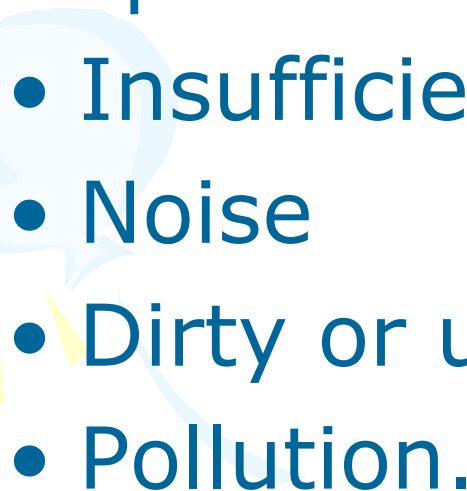



• **3. organizational stress**

- Pressures from your boss or from above in your organization.
- Interference in your work.
- Demands from clients.
- Disruptions to work plans.
- The telephone.



• **4. Environmental stress:**

- Crowding and invasion of personal space.
 - Insufficient working and living space.
 - Noise
 - Dirty or untidy condition.
 - Pollution.
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• **5.life style and job stress:**

- Too much or too little work.
- Having to performed beyond your experience or perceived abilities.
- Time pressures.
- Keeping up with new development.
- Change in procedures and policies.
- Lack of relevant information.
- Lack of clear objectives.



- **Symptoms of stress:**

- **Physical symptoms:**

- 1-increase adrenalin (fight and flight)
- 2-headache.
- 3-Abdominal discomfort.
- 4-Chest tight.

A decorative graphic on the left side of the slide features a light green balloon at the top, a light blue balloon in the middle, and a light purple balloon at the bottom. Yellow streamers and triangular flags are scattered around the balloons.

- **Emotional symptoms:**

- 1- Sense of being on overload.
- 2- Lack of clarity.
- 3- Feeling of confusion.
- 4- Wanting to run away.

A decorative graphic on the left side of the slide features three balloons: a light green one at the top, a light blue one in the middle, and a light purple one at the bottom. Each balloon is attached to a streamer and has several small yellow triangular shapes radiating from it, resembling a sun or a burst of light.

Thanks

FOR your

patience