



# STRESS MANAGEMENT & WORK-LIFE BALANCE TRAINING FOR PROFESSIONALS

Theme: Work-life Balance; An Ingredient for Successful Organizations

Date: 9th-11th December 2019

Venue: Lake Naivasha Resort, Naivasha



# STRESS MANAGEMENT TECHNIQUES

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# Is it realistic to achieve work-life balance?



Balance means you are seeking to equalize your entire life; you want the same portions.

Balance becomes a myth, but harmony is a must.

Balance says I need to equalize everything, harmony says I need to make sure they learn how to play and dance together so that life overall feels good to live with them.

# Definition of terms:



**Stressor** is the stimulus that triggers stress

**Stress response** is the reaction system of the body to a stressor

**Stress** is the interaction between the stressor and the stress response.

# Definition of terms cont'd:



**Eustress** is positive stress that improves your health and performance, for example, getting married, buying a car/house, starting a job, making new friends, starting an exercise program

**Distress** is negative stress that deteriorates your health and performance, for example, financial problems, death of a loved one, divorce and separation, relationship breakups, academic issues, job difficulties

# Definition of terms cont'd:



**Stress management** refers to the techniques and psychotherapies aimed at controlling a person's level of stress.

# Stress Management Techniques



1. A spiritual bearing is inevitable



# Technique 2



Build resilience (toughness)





# Technique 3



## Organization



# Technique 4



## Delegate



# Technique 5



Healthful living



# Technique 6



## Music therapy



# Technique 7



Keep it simple



# Technique 8



## Professional help





# Interactive Session

