

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



Presentation by:

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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:

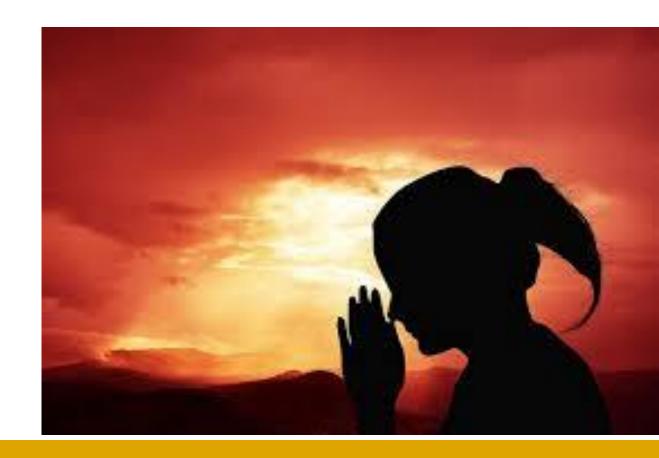


Stress management refers to the techniques and psychotherapies aimed at controlling a person's level of stress.

Stress Management Techniques



1. A spiritual bearing is inevitable





Build resilience (toughness)





Organization





Delegate





Healthful living





Music therapy





Keep it simple





Professional help



Interactive Session



