

STRESS & ANGER MANAGEMENT

BY BETTERING SELF MANAGEMENT

“For Organizations, there is no better CSR than giving awareness to their employees and stakeholder on How to “Address their Stress””

A pushy driver nudges your bumper in heavy traffic. . . . A colleague takes credit for your ideas. . . . You get left out of the loop on an important decision. . . . You call your credit card company, enter a sixteen-digit account number and your name, ratchet through four menus and hear, "All service representatives are busy... can you please try after sometime..." The more complicated your life gets -- the more people you interact with on a daily basis -- the more incidents occur that can irritate, annoy, provoke, incense, madden, infuriate, and enrage.

COTHM always being pioneer in enlightening people on important educational and social topics has taken another positive step by organizing an International Training Workshop

titled “Stress & Anger Management by Bettering Self Management”.

Nassima Royal Hotel Dubai (former Radisson Royal) was the venue of Workshop that was attended by 21 professionals mainly from Hospitality Industry. Zamir Abbasi, a seasoned HR Professional and Motivational Speaker who was facilitator of the Workshop highlighted how, if not managed, these two disease of Stress & Anger can lead to disastrous health issues, negative human behavior and loss motivation & confidence hence negatively effecting both private and work life. He further elaborated the subject showing some statistics from American Society and relating it with the level of stress being encountered by people living in Middle East.



HEARTFULNESS..... RELAXATION SESSION

The Workshop began with a 30 minutes Heartfulness / Relaxation Session that provided a full charge to the participants. Conducted by a Meditation Expert, it was a great exercise for soul and body

Zamir suggests “We have hospitals & clinics for all kind of diseases, why not having Care Centers to combat with diseases of Stress & Anger which are root cause of all big diseases”. After all, we have to “nib the evil in

the bud”. In America and other developed countries these issues are now taken more seriously whereas in Middle East where it is need of the hour, very less efforts are being exerted.



WORKSHOP VENUE—NASSIMA ROYAL



WORKSHOP PARTICIPANTS WITH TRAINER

“There are numerous Hospitals & Clinics to cure diseases like Diabetic, Cardiac Problems etc., why not having Care Centers to combat with diseases of Stress & Anger which is a root cause of all big diseases”

AMERICA’S FIRST HEALTH PROBLEM
Research by American Stress Institute shows that:

- ◆ Stress is the basic cause of most of fatal diseases.
- ◆ 43% of all adults suffer adverse health effects due to stress.
- ◆ 75-90% of all medical visits are stress-related.
- ◆ 60-80% of industrial accidents are due to stress.
- ◆ 40% of worker turnover is due to stress.
- ◆ 1 million workers are absent every day due to stress



THE WORKSHOP FACILITATOR

Workplace stress costs U.S. employers an estimated \$200 billion per year in absenteeism, lower productivity and staff turnover

TIME..... One of the Biggest Stressor

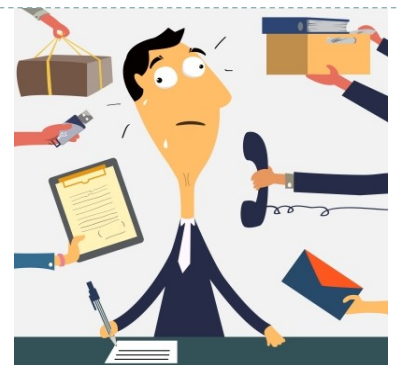
Time is the biggest contributor of daily stresses. Whether you have to meet a deadline or unexpected traffic jam on the road that wastes hours of your precious time, self management and planning will help you cope with time issues. As the saying goes “Failing to Plan is Planning to Fail”

Procrastination is another thing we have to address. All along our life we keep procrastinating our happiness and the habit goes with daily life tasks as well.

The greatest tool to manage yourself with time and available resources is Stephen Covey’s famous model “4 Quadrants of Time Management”.

Preparing an activity log is also a great way to manage yourself for time and possible stress. Again the above model will help you out to use your time wisely.

Planning is extremely important in managing with available time & resources. As the saying goes “Failing to Plan is Planning to Fail”



"If the first thing you do each morning is to eat a live frog, you can go through the day with the satisfaction of knowing that that is probably the worst thing that is going to happen to you all day long"