EFFECTS AND TYPES OF STRESS – KEYS TO OVERCOME STRESS

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ABSTRACT
Stress has become a cause for crisis in the work performance and hazardous to strength in almost every profession. Employees of all the levels of management in every sectors are getting frustrated, angry, frightened, depressed and even, attempting suicide. One must build ability to handle conflicts and accept the fact - the obstacles may be challenging to go ahead in life but coping stress will ease the stressful situation. Employees need to be mentally strong to believe that success can only be achieved only after fighting the odds. This paper focuses on the sources, types, effects and most importantly, the keys to a stress free life.

KEYWORDS: Stress, Types of Stress, Managing Stress.

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