

UNDERSTANDING STRESS AND CONFLICTS

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***GOOD MORNING LET THE STRESS
BEGIN.....***

I AM OF TWO TYPES..

POSITIVE
NEGATIVE



LEVELS OF STRESS

ACUTE

EPISODIC

CHRONIC

CAUSES OF STRESS

- ◆ CAREER CONCERN
- ◆ ROLE AMBIGUITY
- ◆ ROTATING SHIFTS
- ◆ ROLE CONFLICTS
- ◆ OCCUPATIONAL DEMANDS



INDIVIDUALS STRESS

Personality

Assertiveness

Life changes

Attitudes

Unrealistic Expectations



GROUP STRESS

Lack of Group Cohesiveness

Lack of Social Support

Interpersonal Conflicts

Intra personal Conflicts

Workplace Violence

CONFLICTS AND THEIR CAUSES

- ◆ LACK OF INFO
- ◆ LACK OF RESOURCES
- ◆ PERSONAL RELATIONS
- ◆ INCOMPETENT MANAGEMENT
- ◆ COMPETITION



SLOW
DOWN

KEEP
CALM

BE
POSITIVE

TAKE
IT
EASY

UNPLUG

ENJOY
LIFE

HAVE
FUN

BREATHE

RELAX

GO
OUTSIDE



MEDITATE



- ◆ ADVENTURE
- ◆ RELATIONSHIPS
- ◆ SPIRITUALITY
- ◆ CREATIVITY
- ◆ MAKING A MARK ON THE WORLD
- ◆ SIMPLICITY



- ◆ VALUES ARE OUR CORE BELIEFS
- ◆ VALUES ARE SATISFACTION
- ◆ CREATES IMPORTANCE IN LIFE
- ◆ PREVENTS YOU FROM UNHAPPINESS
- ◆ IMPROVES DECISION MAKING

ETHICS





preconceived opinion that is not based on reason or actual experience

TYPES OF PREJUDICE

- ◆ RACISM
- ◆ SEXISM
- ◆ CLASSICISM
- ◆ HOMOPHOBIA
- ◆ NATINALISM
- ◆ RELIGIOUS PREJUDICE
- ◆ AGEISM
- ◆ LINGUISTIC

SOURCES OF PREJUDICE

- ◆SOCIALIZATION
- ◆CONFORMING BEHAVIORS
- ◆ECONOMIC BENEFITS
- ◆AUTHORITARIAN PERSONALITY

EFFECTS OF PREJUDICE

- ◆ DIFFICULTY IN PERFORMING TASKS
- ◆ EXCLUSION
- ◆ INTERNALIZATION
- ◆ WITHDRAWAL FROM GROUP

SOLUTIONS....??

STEREOTYPING

CONSIDERING EVERY ONE IN ONE CATEGORY CONSIDERED

