



Stress management

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01

Stress produces numerous physical and mental symptoms which vary according to each individual's situational factors.

02

Some sources of stress stem from high levels of demand that require extra effort and workload.

03

Walter Cannon and Hans Selye used animal studies to establish the earliest scientific basis for the study of stress.

04

Lazarus and Folkman's interpretation of stress focuses on the transaction between people and their external environment (known as the Transactional Model).

05

**In the workplace,
managing stress
becomes vital in order
to keep up job
performance as well as
relationship with
co-workers and
employers.**

06

Other influential factors include long-held beliefs (i.e. religious beliefs) and new opportunities for various behavior (i.e. alcohol and drug use).

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