

Stress

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The main response to stress, physiologically speaking, occurs in the adrenal glands. The response is commonly called the Fight and Flight mechanism, since the bodily changes that occur put mind and body in a better condition for fighting or running away. Exactly the same mechanism works in cats, dogs and other mammals. But mental stress in chair-borne man sets the emergency secretions pouring the same way and because he can't bite someone or head for the hills, he may be in for some incapacitating anxieties and ailments as a result.

The best solution is prevention. The manager who understands stress can avert most of it and handle the rest. Four good rules to follow:

1. Keep fit.
2. Have a recreation completely unlike your work. (The accountant whose hobby is keeping the social club's book is not fulfilling this requirement. Leave the office at the office.)
3. If the pace is too brisk, delegate or reorganise. Don't take the punishment all on yourself.
4. Reconsider life-style and objectives. Is the game of getting that promotion really worth the candle if, at an organisational level just below capacity, you can be productive and healthy and happy?

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QUOTE

Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do.

Steve Jobs, Co-Founder, Chairman and CEO, Apple