

Managing Stress

Written by ZAFRULLAH KHAN
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In today's world we hear about young people in their late twenties and early thirties having high blood pressure, hypertension and other lifestyle diseases

The above happens due to stress, it is important to manage your stress levels to lead a healthy life

Few things that you help you manage your stress levels

- Plan your work and stay organized, try not to go into the fire fighting mode since that carries high stress levels
- Be clear about your priorities, you cannot do everything at one go, plan and execute your work in a phased manner
- To the extent possible stay away from avoidable conflicts
- Engage yourself in some outdoor activity like sports, swimming which can be good stress busters

Regards

Zafrullah Khan, Senior Vice President and Global Head of Human Resources, Glenmark Generics Ltd, Mumbai