

## **Stress Management in the Modern Business and Work Environment**

Present day working environment is highly demanding and task oriented. Competitiveness prevails in all aspects of Life and business activities.

One need to perform complex jobs and achieve desired results in stipulated timelines. Delivering results in an industrial or business enterprise

is challenging and one need to run against time. Software professionals are stressed unduly with excessive working hours. Individuals too are more aspirant

and neglecting the social/human aspects and disturbing their Mental health.

One need to focus on all-round growth, know the purpose of life and progress accordingly.