

A Study on Stress Management of Employees at IDBI Federal Life Insurance Coimbatore District

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Abstract: *A man's life today faces all sorts of challenges and obstacles that hamper his normal functioning and most of the time his pressure is too hard to handle. When we expected to meet the changing demands, we undergo stress. Stress is an all pervading modern phenomenon that takes a heavy toll of human life. Different situations and circumstances in our personal life and in our job produce stress. We divide them into factors related to the organisation or job factors related to the person which include experience and personality traits. Studies show that stress is a negative state of mind and since state of mind is changable, stress is controllable. By adopting various stress management techniques and knowing exactly where the stress is coming from can release stress to a greater extent and gives a sort of stress and stress controlling techniques are elaborated clearly.*

Keywords: Stress Management

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