

# A Research Study on Stress Levels in Employed and Non-Employed Women

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**Abstract:** *Stress affects not only our physical health but our mental well being, too. To successfully manage stress in everyday lives, individual can learn to relax and enjoy life. The best way to manage stress is to prevent it. This may not be always possible. So, the next best things are to reduce stress and make life easier. Stress refers to any environmental, organizational and individual or internal demands, which require the individual to readjust the usual behavior pattern. Degree of stress results from events or situations that have potential to cause change. Stimuli or situations that can result in the experience of stress are called stressors. There are three major sources of stress environmental, individual and organizational.*

**Keywords:** Women, Employment, Stress Levels

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