

Stress Management

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Abstract: *Stress affects everyone differently, whether you're a student, an employee, or a manager. This paper looks at how stress builds up in our daily lives and offers practical solutions for managing it. From students feeling the pressure of exams to managers juggling heavy responsibilities, stress impacts productivity and health in significant ways. We explore methods like mindfulness, time management, and technology-driven tools, such as apps and wearable devices, that are changing the way we deal with stress. By combining traditional strategies with new-age tools, this paper aims to provide a roadmap to reduce stress effectively and improve overall well-being.*

Keywords: Stress.