

Stress Management A Study in Covid 19 Era

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Abstract: *Stress is a part of our daily routine life. Everyone has some stress in everyday life. So we should manage our daily activities by time management. Stress is a cause and some Change situations in our body. Sometimes it leads to critical health issues in the Human body. Stress is anything that causes change in the body can be called stress. Stress is a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize. Stress can cause several health problems and in extreme cases can cause death also these changes usually come from different feelings we have, like:*

- *Happiness*
- *Sadness*
- *Scare*
- *Madness*
- *Work -place environment*
- *Extra working hours*

This study included causes and reasons for critical stress situations and how to manage our stress levels for healthy life and happiness.

Research Methodology: *In this study primary data were collected from local areas and 100 people were selected for sample size and different ways to find out the stress level in work at home in covid 19 era. some questions were asked through quesnair for responding answers.*

Keywords: Eustress, Distress, Nervousness, Pressure, Conflict

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