

## MINDFULNESS AND RESILIENCE TO STRESS AT WORK

UNIT-1	<b>Meaning and nature of stress:</b> Difference between eustress and distress, Frustration, conflict and pressure, Meaning of stressors, common stressors at work place, Stressors unique to age and gender
UNIT-2	<b>Cognitive appraisal of stress:</b> General adaptation to stress, Consequences of stress, Physiological and psychological changes associated with the stress response. Stress and Memory, Stress and Other Cognitive Variables, Stressful environmental conditions on performance.
UNIT-3	<b>Behavioral aspects of Stress:</b> Adaptive and Maladaptive Behaviour, Individual and Cultural Differences Sources of Stress- Across the Lifespan, College and Occupational Stress.
UNIT-4	<b>Stress and Work performance:</b> Role of communication in managing stress and work performance, Emotional regulation and coping, Emotional intelligence and conflict management, Emotional Basis and Stress, Stress and Conflict in Relationships.
UNIT-5	<b>Stress Intervention:</b> Performance and Stress Intervention- The relationship between stress and performance, Stress intervention – interpersonal, Management Standards and Management Competencies.