

WORK STRESS

When speaking about the self-observation, it is meant that a person, concentrating attention on signs and symptoms, can understand oneself better.

Covey, 2007, states that **every person must think about the overcoming of the work stress**; so in order for every person to be more resistant to stress, he must have a healthy lifestyle, must take vacations not because of a must, but for pleasure, must apply time planning principles, must think positively.



Covey, 2007, pays attention to the fact that the **stress may be of two types: distress and eustress.**

Distress appears when a person hates own work and feels a huge pressure from the life environment and therefore finds himself as a victim.

Eustress is caused by a positive tension, that is provoked by the current status as well as the wish to change it – to seek for meaningful aim.



“Please think what happens to other dimensions when the body is ignored; we may lose everything: health and mind.

What happens to emotional intellect, heart when the body is ignored? Patience, understanding, empathy, ability to listen, communicate become futile words.

What happens to a soul: the wish to seek for the aim via concrete implementation disappears” (Covey, 2007).

