

## Stress --- Specific issues

### Family Stress

- ◆ You must acquire skill to stay at home as a guest.
- ◆ Every person has ego.
- ◆ Every person has individuality.
- ◆ Do your own work.
- ◆ Help other family members.
- ◆ Cultivate apathy.
- ◆ Give respect to get respect.
- ◆ Forget your office designation.

### Financial Stress

- ◆ Set your financial goals.
- ◆ Income less saving = Expenditure.
- ◆ Invest surplus according to your financial plan & needs.
- ◆ Borrowing should be minimum.

### Job / Career Stress

- ◆ Boss is always right.
- ◆ Decide priorities.
- ◆ Differentiate between important & urgent activities.
- ◆ What to delegate? & whom to delegate?
- ◆ Set deadlines on daily basis.
- ◆ One must acquire the knowledge of 'What not to do.'
- ◆ It is important to achieve overall proportionate success.
- ◆ Enjoy the job of sincere work.
- ◆ Cultivate the habit of acquiring new knowledge useful for the job.
- ◆ Undertake SWOT analysis.

### Old Age Stress

- ◆ Seek the blessing of: Fire (Agni), Sun, Moon, Space.
- ◆ Do not keep high expectations from others.
- ◆ Develop hobbies and plan old age.