



Towards Joy

YOU
WITHIN

The Step Forward...

Hello and welcome aboard!

'You Within' has been set up as a hub of 'well being' with pure intention of providing information, educating people on stress, effective management of stress and thereby promoting good health and wellness. We surely do know a thing or two about trimming down stress.

'You Within' is headed by Mr. Keyur Trivedi, who is based in Mumbai, India. He is a 'Certified Trainer and Facilitator' by Carlton Advanced Management Institute, USA and Middle Earth Consultants, Hyderabad, India. He also holds an Associate of Arts Degree in Merchandise Marketing from The Fashion Institute of Design & Merchandising (FIDM), Los Angeles, USA.

'You Within' offers custom designed stress management programs and believes in conducting them in a professional manner, giving a full package including information, strategies, procedures and wit. Our programs are aimed to inspire people to turn into healthy, energized, positive beings and be well prepared to flourish in today's frantic culture. After all, we would love to see good people and good organizations get even better.

We are here to assist you overcome stress in a variety of situations, whether you are an individual looking for solutions or an organization caring for employees suffering from stress.

We CONDUCT WORKSHOPS on the following topics:

- Stress—Understanding Stress, Causes, Effects and Stress Management Strategies
- Stress in Men
- Stress in Women
- Stress in Children
- Stress at Work Place



Allow us to build the bridge between 'knowing you need to live a stable life' and how you can actually start living one.

At the end of the day it's all about **YOU WITHIN.**



About Stress

Generally, people have a habit of using the word 'stress' to express their emotions when it all looks too much for them, and they

don't think they can cope with the demands put upon them.

STRESS – A Personal Response

It's important to understand how much stress is okay for people to handle. Since no two individuals are identical, stress limits differ from person to person.

What causes stress?

- **Major life changes:** Getting married, going for a child, taking up a new job, and also includes disturbing crises such as death of a loved one.
- **Relationship problems:** Most men and women today are found mainly stressed out because of separation, divorce and problems in marriages like sexual complexities, children, infidelity etc.
- **Family problems:** Some of the common causes of stress within the family may be related to parenthood, unsettled family differences, caring for aging parents/in-laws, sibling rivalry.
- **Financial problems:** Financial stress may result due to short of savings, credit card or loan payment, taxes, unexpected expenditures etc.
- **Job problems:** Getting sacked from job, too much of working hours, project deadlines, problems with seniors or colleagues, sexual harassment at work place, retirement etc.
- **Health problems:** Serious illness, accidents, hospitalization, surgeries, inability to give up addictions can bring in a lot of emotional and physical stress on people.
- **'Within you' causes:** Self-generated stress may arise from pessimism, negative self-talk, perfectionism, out of reach expectations, inability to accept uncertainty etc.

Men also Stress

Common factors which may lead to stress in men are:

- Confrontations
- Legal matters
- Long working hours leading to no family life
- Change in job / work profile / poor performance at work / job loss / Deadlines
- Trying to be Successful – seen as a must today
- Financial pressures
- Long term illness
- Death of loved ones
- Personal relationships – marriage/ separation / divorce
- Raising children -unable to bond well with kid

Effects of stress on men:

- **Physical effects:** Chronic fatigue, irregular sleeping patterns, migraine, erectile dysfunction etc.
- **Emotional effects:** Anger, sadness, depression, periodic mood swings, irritability and feeling of insecurity.
- **Behavioral effects:** Ignoring duties, getting into bad habits like drugs, smoking, drinking etc.



Women in Stress

The intensity of stress in women is predominantly significant today, since over the past few decades, women have earned the right to independence, higher education and career.

Why women stress?

- Multifaceted Role
- Menstruation
- Fertility
- Pregnancy
- Baby on board
- Parenthood
- Menopause

Tackling Stress:

- What's your self talk?
- Pamper yourself
- Exercise





Children in Stress

Stress is a part of life and does not depend upon age. Most of the time children are presumed to be happy-go-lucky souls leading a carefree life without any tension. But the fact is children do feel stressed out just like adults.

Why are children stressed out?


- A fight with a sibling or friend
- Moving to a new house/school
- An upcoming exam
- Parents fighting/arguing
- Being bullied
- Pressure of being outstanding in academics and /or sports
- Having nightmares
- Family related problems

Role of Parents:

Have a chat		Compliment		No Pressures Please
Talk positive		Establish self confidence		

Stress at WORK

When an employee feels that his aptitude, resources or needs are not gelling with the requirements of the job thereby resulting into physical and emotional responses, that's what work stress is all about.




What really instigates work stress?

Lengthy working hours, irrational performance demands or no demands at all, absence of professional training, interpersonal relationships, no appropriate co-ordination of work, lack of interest in job, no balance between personal and professional life, job security, management, work commute and environmental conditions

Management approach

Have an open communication | Extend incentives and promotions | Discuss with employees | Promote cordial and social atmosphere | Re-design work structure | Show you care



Stress Management

Stress management techniques is all but taking charge of your life and leading a balanced life. There is no such thing like effective stress management technique because stress management will vary from person to person. What is fit for one person may not be okay for another person. Every individual has to find out what is best for them like:

- **Attitude is everything**
- **Healthy Lifestyle**
- **It's 'me time'**

Natural stress relievers:

- **Yoga**
- **Meditation**
- **Self-hypnosis and Visualization**
- **Massage therapy**

Always remember that stressful situations could have been worst, but today you are alive and have a lot to be thankful for; so don't waste your days with stress and frustration. Life is too short for that!

For More Information, Please Contact:

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