MENTORING the manager

The much spoken about stress in this city seems to have taken a serious toll on everything, including the trees. According to some sources on the condition of anonymity, trees too seem to be getting affected by the rising level of negative energy and stress in the industrial capital of India.

Of the various prerequisites that popular contemporary jobs profile, the ability to handle stress and pressure seems to have become an indelible part of that list. “On a brief interview, taken by the HR head of 3G (a BPO), one of the first things he asked me was whether I could handle work pressure, stress and tight deadlines,” recalls Joanna Vaz, a former employee.

While the ugly veil that BPO jobs and the glamorous media hide behind lift, you find people, tired, frustrated, layered in artificial paste that temporarily wipes the age of those past who fought for you as ever. Issues such as space, privacy and time to oneself suddenly take front stage and become priority; concepts such as lifestyle problems, depression and counselling become common fashion.

“There hardly is anytime in our lives, it becomes difficult to keep seeing the beauty in things’ Psychiatrists and doctors are swarmed with people suffering from depressive states of mind, which eventually begin harming your body. While most doctors suggest the obvious routes out of stressfull lives, people resort to unnecessary medication and brisk recreational activities. “I like to go out for a drink once in a while with my friends, though its just momentary relaxation, the hang over doesn’t do a great job of the relaxation,” laughs Ankit, a college student.

“Since new courses that have come up require so much time, students tend to get tired and feel over worked which, they usually misinterpret as depression,” said Mrs. Ved, a parent of a student who suffered from depression (name concealed on the condition of anonymity).”

Though jobs and companies have started-busting stress related problems at the core by creating a calmer and friendlier environment, busting stress related problems at the core by creating a calmer and friendlier environment, people chose to take the doctor’s advice more seriously. “I try and stay away from work for as long as possible if I feel stressed during which time I don’t concentrate too much on what’s happening in that free time, free time is free time,” said Khushbu Kaushal, Senior Brand Executive, Law and Kenneth Advertising Agency.

Tending the manager

Mentoring the manager

Mentorship is a well known fact of a manager’s life. But how should one go about the process of mentoring? This article will help you get a better grip on the process of mentoring. In this article, a manager will be shown to be a teacher, who guides and shapes the career of a student, a student of the manager. The manager is there to spot the student’s strengths and weaknesses, and help them to overcome their weaknesses. The manager is also there to encourage the student to take on new challenges, and to provide them with the support they need to succeed.

The doctor’s advice

Since stress and anger go partially hand in hand with one another, some tips

- Every time you feel tired, which usually confuses the feeling with stress, breathe in and out for 5 minutes.
- Keep your beverage intake. Though tea and coffee may feel like the ideal stress busters, they are not the best.
- Juices work wonders on heavy days and stressful afternoons.
- Stretch, when no one is watching to the maximum extent possible, and then heave a sign of relief.
- Keep drinking water, you might be making short walks around the workplace more frequently but look at the brighter side, at least your rear will get needed exercise.
- Walks always help, a brief walk after work and before retiring for the day a brief stroll never fails to punch in that added dose of slumber.
- Limit your beverage intake. Though tea and coffee may feel like the ideal stress busters, they are not the best.