

4 COMMON TYPES of STRESS ON MANAGERS

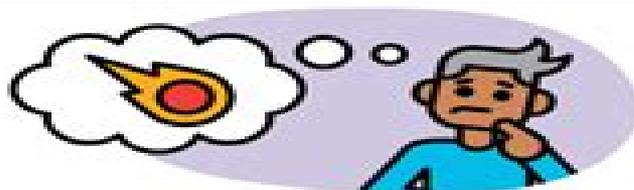


TIME STRESS

Deadlines, priorities, being late for meetings and many other things you have to finish, but you never seem to have enough time for.

ANTICIPATORY STRESS

Worrying about future events, such as an upcoming board meeting or public speech you're going to give. It's a worry that "something will go wrong."



SITUATIONAL STRESS

Worrying about a scary situation that you have no control over.

ENCOUNTER STRESS

Worrying about interacting with a certain person or group of people that you may not like, or you might think that they're unpredictable.



The 10minute Stress Manager

Guillaume Favre



The 10minute Stress Manager:

Uncover the mysteries within Crafted by is enigmatic creation, Discover the Intrigue in **The 10minute Stress Manager** . This downloadable ebook, shrouded in suspense, is available in a PDF format (PDF Size: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

https://ftp.thebrandexperience.com/book/publication/fetch.php/fitness_planner_tutorial.pdf

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The 10minute Stress Manager Introduction

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