

## STRESS MANAGEMENT IN CORPORATE EDUCATION (POISON PILL OR A PLEASURE PILL)

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### ABSTRACT

Many people wrongly believed that there is only one type of stress i.e. destructive stress but there is also another type of stress i.e. constructive stress. We firmly believe that corporate education yield both the positive and negative outcomes. The reason why corporate schools and colleges are thought to be stress stations is that they do not conduct stress relaxation hours. They think that the money spend on conducting stress relaxation hour is of waste. We have conducted a survey with a sample size 100 consisting of students belonging to all age groups. We found that there is high necessity of stress management in corporate education. Many students are committing suicides because of improper handling of stress. According to me the students who are able to cope up with stress are able to have bright and successful careers.

**KEYWORDS:** Stress, Constructive Stress, Destructive Stress, Successful Careers



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