

CHALLENGES OF EXECUTIVE STRESS

By:

DR ABIB OLAMITOYE

**Chairman/Chief Executive
Officer (CEO)**

Ibadan Central Hospital

Ibadan.

The real essence of discussing the challenges of Executive Stress is to outline the causes and address its removal.

- This topic is really extensive and diverse. A simple and concise approach has been adopted highlight the following key area:
 - ➤ Who is an executive?
 - ➤ What is stress?
 - ➤ What are stressors?
 - ➤ How does stress manifest?
 - ➤ How can we appraise ourselves as to the degree of our personal involvement in stress?
 - ➤ How do we manage stress?

We shall classify stressors into things that happen, things that require action and things that are internal.

- . **Things that happen:**
- **Things that require action: and**
- **Things that are Internal**

SYMPTOMS OF STRESS

- **ACUTE STRESS**
- **CHRONIC STRESS/PSYCHOLOGICAL SYMPTOMS**
- **SOMATIC/BODILY MANIFESTATION**

EVALUATING STRESS: SELF ANALYSIS

- 1. Unfinished business
- 2. Overall, how victimized do you feel?
- 3. How well adjusted do you feel sexually?
- 4. Do you feel sexually adequate?
- 5. Do you feel financially vulnerable?
- 6. Do you have problems accepting responsibility?
- 7. Do you have resentment when someone else has failed to take responsibility?
- 8. Overall, how disappointed do you feel in life?
- 9. How strong is your self esteem?
- 10. How judgmental are you?
- 11. How forgiving are you?
- 12. How capable are you if expressing to friends and family your personal needs and desire?
- 13. How strong is your personal belief in divine power of God?
- 14. How strong is your personal belief in the golden rule
 - Treat others well or they will get even with you.
 - Love yourself and love others. Desire to do good to everyone. It is not easy but it is soul satisfying.

MANAGEMENT OF STRESS

- 1. Relationship**
- 2. Diet**
- 3. Exercise**
- 4. Water**
- 5. Sleep**
- 6. Relaxation exercises**
- 7. Way of life**
- 8. Skin**
- 9. Vacation: Carefully planned holiday helps manage stress**
- 10. Use of Pareto Principle/Law of Least Effort/Law of Vital few, or trivial many**
- 11. Use executive time management skills e.g.**

Conclusion: