

# Stress Management: Kill the Fear within You

PRATHAMESH S NADKARNI<sup>1</sup>, KETKI A SOHONI<sup>2</sup>

<sup>1, 2</sup> AIMS Institute of Management Studies

**Abstract-** "Stress" is nothing but the "Given up Pressure". Fear originates Stress. Internal Peace can beat Fear. Internal peace is acquired with a control over self. One's Body, Mind and Thoughts when are inline, it plants a seed of Internal Peace

**Indexed Terms-** Peace, Stress, Mindful, Pressure

## I. INTRODUCTION

Fear can only be vanished when faced from the front. Pen looks attractive only when Cover is at the top. Bring it to the bottom and you will feel the weight of it when you write. Similarly, Face the fear from front, it will make you more confident. The more you push it at the bottom the more it will weigh you with pressure right to do the final formatting of your paper.

## II. ELABORATIVE APPROACH



## III. FINDINGS

- Don't give up
- Think Positive Failure is normal
- Ego stunts growth
- Reject imaginary limits
- Do what you love
- Your Attitude Matters
- Process matters
- Failure in Normal

## CONCLUSION

And now that you all at the doorstep of Post-Graduation, Face the fear from front, it will make you more confident. The more you push it at the bottom the more it will weigh you with pressure.

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## APPENDIX

Diagram 1.1

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