

# Stress management

Primary:  
(Preventive approach)  
To reduce job  
stressors

Secondary:  
(Ameliorative approach)  
To alter how workers  
cope with stressful  
conditions

Tertiary:  
(Reactive approach)  
To treat stressed  
workers

Working  
conditions

Mind/body  
distress

Short-term or  
temporal stress  
response

Stress-related  
illness  
conditions

Bio-psycho-social stressors