

Contents

Stress is the drive to achieve success and performance	4
Stress: as individual as people themselves	8
The “battlefield” of the modern workplace	10
Risk identified and averted!	13
Test: how “stressed” am I personally?	16
Test: how “stressed” is my team?	17
Make healthy working a management issue!	18
Leading with heart and understanding	21
Strong against stress: you’re rank first	26
Staying relaxed – even in the worst case	33
KKH is always there for you!	35