

THE CONNECTION BETWEEN STRESS MANAGEMENT AND TIME MANAGEMENT

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Abstract. *We are living in a society in which time, or better said, the lack of time has become one of the main causes of stress. Deadlines, "flash" communication, increasingly busy agendas of the managers (doubled by their lack of will to modify them), for sure they all need a new approach. The support elements, which come from an uprising science, "Time Management", are really useful in reducing the stress level and in preparing oneself against the effects of the exogenic factors.*

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1. Introduction

Almost one hundred years ago, the author who has set the basis of the scientific management, Frederick Taylor, was postulating the principle of "keeping strict evidence of time and labor quoting", making a giant step towards the increase of the efficiency within an organization. Management means efficient and forcible leadership for a certain activity. From this perspective, the manager cannot do profitable business for the activity he is responsible if he does not know how to efficiently manage his resources. And time is a valuable, assertive, and irreversible economic resource.

Time compression is a more and more frequent topic of discussion, and the argument through which this theory stands up is the lack of time to successfully carry out all the activities we have set ourselves for a given day.

The bigger and bigger changes occurring around us every day which bring about greater and greater challenges through the adaptations they require create the impression of time compression.

There truly is a continuous flow of time, the way we handle this dimension can generate the impression of time flowing at an immeasurable speed. The fact that we cannot control time makes us more and more stressed as well as more and more frustrated.

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