Stress is a condition or feeling experienced when a person perceives that “demands exceed the personal and social resources the individual is able to mobilize”.

## The nature of work is changing at whirlwind speed. Perhaps now more than ever before, job stress poses a threat to the health of workers and, in turn, to the organizations. With the flexibility of telecommunication, working-from-home and flexible work hours workplaces would be less stressed. Yet many corporate executives are feeling exhausted, overwhelmed and close to burning out. More deadline pressures, fewer resources, longer hours, more travel is causing overload for executives. Consequently, anxiety and stress management is a real need and a challenge for most Corporate Organization. Thus this paper gives a brief on the techniques of Stress management that can be adapted by Organizations to manage executive stress.