In the 21st century, huge and rapid changes are redefining the nature of work, jobs and careers. The nature of work has gone through drastic changes over the last century and it is still changing at whirlwind speed. It has touched almost all professions. With change comes stress. For employees everywhere, the troubled economy may feel like an emotional roller coaster. "Layoffs" and "budget cuts" have become bywords in the workplace, and the result is increased fear, uncertainty, and higher levels of stress. Professional stress or job stress poses a threat to physical and mental health in the life of the employees, consequently affecting the health of organizations. Organizations operating in this complex business environment are constantly engaged in restructuring and downsizing processes, facilitating mergers and acquisitions and embracing technological advancements to cope with the dynamic pressures of globalization. These changes at the organizational level have elevated the importance of managing people at work, and in particular, the planning and managing of their careers. Since job and workplace stress increase in times of economic crisis, it’s important to learn new and better ways of coping with the pressure. Thus this paper deals about the importance of career management in coping with Stress.