The purpose of the present study is to investigate the impact of occupational stress on job satisfaction, and organizational commitment among the managers of select textile units in Tirupur. 63 managers participated in the study. Questionnaires were used for data collection. The collected data was analysed with mean, standard deviation, ANOVA, correlation, and regression tests. Results revealed that there were significant negative correlations between occupational stress and each of the three dimensions of organisational commitment, and also occupational stress and job satisfaction. Approximately 21% of the variance of organisational commitment, and 27% of the variance of job satisfaction were explained by occupational stress. These results provide insights into the significance of helping employees manage occupational stress to enhance their levels of job satisfaction and organisational commitment.