**Abstract**

 Stress is the way human beings react both physically and mentally to changes, events and situations in their lives. People experience stress in different ways and for different reasons. The main objective of the analysis is to study the factors causing stress among the employees and to identify the coping strategies to mitigate stress. Simple random sampling technique is used by collecting questionnaire from 100 respondents in Coimbatore city. Percentage analysis, Descriptive analysis and ANOVA have been used for analysis. This study focuses to find out the causes of stress among doctors in the hospitals and also ascertain the remedies to adopt to mitigate the ill effects of stress.