

# Mindful Stress Management: Going Beyond EQ

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## Abstract

*This study examines the relationship between the mindful utilization of intelligence by the manager, complemented by the spiritual quotient in pursuit of distress management in the workplace. Awareness of the physical body has its own impact on this relationship. Distress or stress, as it is commonly called, has resulted in the loss of millions of man hours to companies around the world, thereby resulting in loss of productivity directly affecting company profits. In spite of distress prevention measures, and in some countries legislation to prevent distress, the situation has been deteriorating gradually. However, though wellness programmes and meditation techniques have been introduced the world over, there has been no marked decrease in distress. The emphasis however appears to be more on mitigating the effect, than on the cause. This study looks at the possible cause being the inadequate use of overall intelligence to combat distress, and the possibility that the spiritual quotient enhanced by religion has a better capacity to manage distress in the workplace.*

**Key Words:** *Managing distress, Intelligence quotient (IQ), Physical capacity, Emotional Intelligence (EI), Mindfulness, Spiritual Intelligence (SQ), Religious faith.*

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