

Abstract:

Stress at work is an ever increasing problem in contemporary societies resulting in enormous cost both for the corporate organizations involved and the individual employees. These realities have led to Kenyan employers looking into stress management techniques that can help reduce stress levels among employees and in turn enhance corporate performance. Data was collected from 32 corporations listed at the NSE and was analyzed using multivariate techniques. The empirical results found that use of certain stress management techniques stress had a positive influence on corporate performance. These findings can provide Human Resource Managers with the necessary strategies that will help implement the most effective stress management techniques in their organizations