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Yoga : Solution of Stress Management

Dr. Anita Kolhe

Asstt. Prof, Physical Education Dept.

**Dr. Annasaheb G. D. Bendale Mahila Mahavidyalaya,
Jalgaon, Maharashtra**



The Origin of the word 'Yoga' is from the Sankrit word 'Yuj' which means joining. According to Pantanjali, Satyapal, "Yoga is derived from Sanskrit word 'yuj' which means a union of soul with God."¹

Geeta (epic book) described yoga as 'Even-ness of temper.'

Yoga and Health Every part of the body is regulated by the energy supplied by mind and the arteries emerging from spinal cord. The power of the desired flow of this energy depends upon the secretion of endocrine glands and this energy is cultivated through blood made available to the glands by the nervous system. The best blood is produced by the life promoting oxygen and nutrition. elements which cherish and nourish the body parts. Oxygen through inhalation and nutritional elements are received from the blood but for this all respiratory organs, digestive system and circulatory system are required to be efficient so that continuously produced carbon dioxide may be purified and pure blood may remain unaffected from the poisonous gases produced by the undigested food. In pranayama through purka racaka etc. the exercise of stomach and its muscles, liver, intestines and lungs is undertaken so that they all may become stronger. Through pranayama the organs get attuned in such a way that a human being, digests a lot more oxygen than his ordinary capacity in a day. Pranayama makes circulatory system regular and thus with the help of a pure blood circulation even the unconscious part of the mind also becomes active. **Meditation and Health:** The meditation influences the thyroid gland, it normalizes the oxidizing power of body and helps balancing the excessive stimulation produced by the secretion of thyroid hormones. Likewise lethargy, mental inertia, produced by the calumniated. Secretion of thyroid hormones, are eliminated. As made known by "Electron safelogram" experiments, the meditation dispels away the tensions. During the process of Dhyana, the activity of the alpha waves is enhanced and a deep rest is attained. Hence one can save one self from the badly affected respiration due to mental tension. Similarly, the energy likely to be wasted in anxiety and thinking process may be saved.²

Asana and Yoga improve the cardiovascular efficiency. It increases lung capacity and its efficiency (vital capacity). It strengthens the respiratory organs. Heart and abdominal viscera get gentle massage. Height of meditation can be achieved through pranayam. It improves memory and mental sharpness. It prevents cardiac disorder (high blood pressure, low blood pressure and heart attack). It increases the oxygen carrying capacity in blood. It relaxes the body, stabilizes the mind and increases concentration. It controls and regulates sense organs. It cleans the respiratory organs and, prevents from cold, cough and other problems. It cures arthritis, joint pain, spondilitus, back ache, and other ortho problems. It provides lot of energy, power and strength. It increases life process by improving health and fitness. It reduces stress, tension and worries.

Stress is the way that we react physically, mentally and emotionally to various conditions, changes and demands in our lives. Many students and faculties experience varying levels of stress each semester. According to Walter Canon (1929) we need stress to help us with an acute response such as in "fight or flight" response. Fight or flight response, forgetfulness, loss of entail concentration, anxiety and fear, depression, extreme anger and frustration, family conflict, social withdrawal, and loss of interest in activities. headaches, nervous stomach, change in appetite, rapid breathing, rapid heart rate, sweaty palms, irritability, anxiety, fatigue, insomnia, dissatisfaction, anger, depression, inability to concentrate, emotional problems, tiredness all the time, neck pain, back pain migraine headache, of Suicide.



Stress Causes : Changes in the life expectations or Demands Ex. Marriage, divorce, pregnancy, illness, bills, increasing demand of university and classes disorganization-feeling unprepared and powerless. (Physical constraints- Ex. Physical exhaustion, lack of good exercise in diet strategies)

Changes in Life's Expectations or Demands Ex. Marriage, divorce, pregnancy, illness, bills, increasing demands of university and classes. Disorganization: Feeling unprepared and powerless.

Stress Measurement : Levels of stress can be measured. One way is through the use of the Holmes and Rahe Stress Scale to rate stressful life events. Changes in blood pressure and galvanic skin response can also be measured to test stress levels, and changes in stress levels. A digital thermometer can be used to evaluate changes in skin temperature, which can indicate activation of the fight-or-flight response drawing blood away from the extremities. Work on your attitude Put things into perspective. Do not take yourself too seriously. Think positive. "If you think you will fail, or think you will succeed, you are probably right."³ Henry Ford Management of Stress: Various techniques in yoga have been documented to help in stress management. These techniques work at an individual level and also at a collective level to ensure that there is significant respite from the condition of extreme stress. They help in relieving the physical as well as the psychological negative effects of the problem by ensuring a healthy and productive response to the stress stimuli.

The practice of yoga involves forming various body postures, slow stretching movements, breathing exercises that can at times lead to progressive relaxation, imagery and meditation. All these specific techniques are meant for a specific purpose and they culminate into a higher awareness of what is happening to oneself during stress emotionally, physically, mentally and energetically.

So back to stress management, yoga provides a unique way of managing stress through pranayama (A birthing technique), in this technique an individual do slow and steady breathing steady-like inhaling through his one nostril and exhaling through other. Besides there are fast breathing movements like intake of air through nostrils and exhaling through mouth at fast pace, this way air is passed properly through blood capillaries and the person feels himself in light mode i.e. he/she feels that there is no burden over their mind and soul.⁴

Techniques of Meditation: Dhyana (Meditation) is also a good method of controlling stress, in this part of Yoga a person Sit comfortably and think of a favorite place. Imagine yourself in a successful situation. Than after breathe deeply and slowly. Continue for five or six breaths. It is calming and the extra dose of oxygen increases the brain's thinking ability. It may seem like there's nothing you can do about stress. The bills won't. you do that.

1) Identify the sources of stress in your life Stress management starts with identifying the sources of stress in your life. This isn't as straightforward as it sounds. While it's easy to identify major stressors such as changing jobs, moving, or a going through a divorce, pinpointing the sources of chronic stress can be more complicated. It's all too easy to overlook how your own thoughts, feelings, and behaviors contribute to your everyday stress levels. Sure, you may know that you're constantly worried about work deadlines, but maybe it's your procrastination, rather than the actual job demands, that is causing the stress. To identify your true sources of stress, look closely at your habits, attitude, and excuses:

Do you explain away stress as temporary ("I just have a million things going on right now") even though you can't remember the last time you took a breather? Do you define stress as an



integral part of your work or home life ("Things are always crazy around here") or as a part of your personality ("I have a lot of nervous energy, that's all")?

Do you blame your stress on other people or outside events, or view it as entirely normal and unexceptional? Until you accept responsibility for the role you play in creating or maintaining it, your stress level will remain outside your control. Start a stress journal A stress journal can help you identify the regular stressors in your life and the way you deal with them. Each time you feel stressed, keep track of it in your journal. As you keep a daily log, you will begin to see patterns and common themes. Write down: What caused your stress (make a guess if you're unsure) How you felt, both physically and emotionally How you acted in response What you did to make yourself feel better.

2) Practice the 4 A's of stress management While stress is an automatic response from your nervous system, some stressors arise at predictable times your commute to work, a meeting with your boss, or family gatherings, for example. When handling such predictable stressors, you can either change the situation or change your reaction. When deciding which option to choose in any given scenario, it's helpful to think of the four A's: avoid, alter, adapt, or accept. The four A's -

Avoid, Alter, Adapt & Accept Avoid unnecessary stress It's not healthy to avoid a stressful situation that needs to be addressed, but you may be surprised by the number of stressors in your life that you can eliminate. Learn how to say "no. Know your limits and stick to the. Whether in your personal or professional life, taking on more than you can handle is a surefire recipe for stress. Distinguish between the "shoulder" and the "musts" and, when possible, say "no" to taking on too much.

Avoid people who stress you out. If someone consistently causes stress in your life, limit the amount of time you spend with that person, or end the relationship. Take control of your environment. If the evening news makes you anxious, turn off the TV. If traffic makes you tense, take a longer but less-traveled route. If going to the market is an unpleasant chore do your grocery shopping online. Pare down your to-do list. Analyze your schedule, responsibilities, and daily tasks. If you've got too much on your plate, drop tasks that aren't truly necessary to the bottom of the list or eliminate them entirely. **Alter the situation** If you can't avoid a stressful situation, try to alter it. Often, this involves changing the way you communicate and operate in your daily life. Express your feelings instead of bottling them up. If something or someone is bothering you, be more assertive and communicate your concerns in an open and respectful way. If you have got an exam to study for and your chatty roommate just got home, sa up front that you only have five minutes to talk. If you don't voice your feeling ⁵, resentment will build and the stress will increase. Be willing to compromise. When you ask someone to change their behavior, be willing to do the same. If you both are willing to bend at least a little, you'll have a good chance of finding a happy middle ground. Create a balanced schedule. All work and no play is a recipe for burnout. Try to find a balance between work and family life, social activities and solitary pursuits, daily responsibilities and downtime.

Adapt to the stressor If you can't change the stressor, change yourself. You can adapt to stressful situations and regain your sense of control by changing your expectations and attitude. Reframe problems. Try to view stressful situations from a more positive perspective. Rather than fuming about a traffic jam, look at it as an opportunity to pause and regroup, listen to your favorite radio station, or enjoy some alone time. Look at the big picture. Take perspective of the stressful situation.

Ask yourself how important it will be in the long run. Will it matter in a month? A year? Is it really worth getting upset over? If the answer is no, focus your time and energy elsewhere. Adjust



your standards. Perfectionism is a major source of avoidable stress. Stop setting yourself up for failure by demanding perfection. Set reasonable standards for yourself and others, and learn to be okay with "good enough." Practice gratitude. When stress is getting you down, take a moment to reflect on all the things you appreciate in your life, including your own positive qualities and gifts. This simple strategy can help you keep things in perspective. Accept the things you can't change. Some sources of stress are unavoidable. You can't prevent or change stressors such as the death of a loved one, a serious illness, or a national recession. In such cases, the best way to cope with stress is to accept things as they are. Acceptance may be difficult, but in the long run, it's easier than railing against a situation you can't change. Don't try to control the uncontrollable. Many things in life are beyond our control-particularly the behavior of other people.

Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems. Look for the upside. When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes. Learn to forgive. Accept the fact that we live in an imperfect world and that people make mistakes. Let go of anger and resentments. Free yourself from negative energy by forgiving and moving on. Share your feelings. Expressing what you're going through can be very cathartic, even if there's nothing you can do to alter the stressful situation. Talk to a trusted friend or make an appointment with a therapist.

3) Get moving: When you're stressed, the last thing you probably feel like doing is getting up and exercising. But physical activity is a huge stress reliever and you don't have to be an athlete or spend hours in a gym to experience the benefits. Exercise releases endorphins that make you feel good, and it can also serve as a valuable distraction from your daily worries.

While you'll get the most benefit from regularly exercising for 30 minutes or more, it's okay to build up your fitness level gradually. Even very small activities can add up over the course of a day. The first step is to get yourself up and moving. Here are some easy ways to incorporate exercise into your daily schedule: Put on some music and dance around. Take your dog for a walk. Walk or cycle to the grocery store. Use the stairs at home or work rather than an elevator. Park your car in the farthest spot in the lot and walk the rest of the way. Pair up with an exercise partner and encourage each other as you work out. Play ping-pong or an activity based video game with your kids. The stress-busting magic of mindful rhythmic exercise.

While just about any form of physical activity can help burn away tension playing the piano, or working on your bike. Keep your sense of humor. This includes the ability to laugh at yourself. The act of laughing helps your body fight stress in a number of ways. Consider taking up a relaxation practice. Relaxation techniques such as yoga, meditation, and deep breathing activate the body's relaxation response, a state of restfulness that is the opposite of the fight or flight or mobilization stress response. As you learn and practice these techniques, your stress levels will decrease and your mind and body will become calm and centered. Related article Relaxation Techniques: Accessing the Relaxation Response

4) Manage your time better: Poor time management can cause a lot of stress. When you're stretched too thin and running behind, it's hard to stay calm and focused. Plus, you'll be tempted to avoid or cut back on all the healthy things you should be doing to keep stress in check, like socializing and getting enough sleep. The good news: there are things you can do to achieve a healthier work-



life balance. Don't over-commit yourself. Avoid scheduling things back-to-back or trying to fit too much into one day. All too often, we underestimate how long things will take. Prioritize tasks. Make a list of tasks you have to do, and tackle them in order of importance. Do the high-priority items first. If you have something particularly unpleasant or stressful to do, get it over with early. The rest of your day will be more pleasant as a result. Break projects into small steps. If a large project seems overwhelming, make a step-by-step plan. Focus on one manageable step at a time, rather than taking on everything at once.

You don't have to do it all yourself, whether at home, school, or on the job. If other people can take care of the task, why not let them? Let go of the desire to control or oversee every little step. You'll be letting go of unnecessary stress in the process.

5) Maintain balance with a healthy lifestyle: In addition to regular exercise, there are other healthy lifestyle choices that can increase your resistance to stress. Eat a healthy diet. Well-nourished bodies are better prepared to cope with stress, so be mindful of what you eat. Start your day right with breakfast, and keep your energy up and your mind clear with balanced, nutritious meals throughout the day. Reduce caffeine and sugar. The temporary "highs" caffeine and sugar provide often end in with a crash in mood and energy. By reducing the amount of coffee, soft drinks, chocolate, and sugar snacks in your diet, you'll feel more relaxed and you'll sleep better.

Avoid alcohol, cigarettes, and drugs. Self-medicating with alcohol or drugs may provide an easy escape from stress, but the relief is only temporary. Don't avoid or mask the issue at hand; deal with problems head on and with a clear mind. Get enough sleep. Adequate sleep fuels your mind, as well as your body. Feeling tired will increase your stress because it may cause you to think irrationally.⁵

Resources and references Assert Yourself-Self-help modules designed to help you reduce stress, depression, and anxiety by improving your assertiveness. (Centre for Clinical Interventions) Download Meditations-Download or stream a dozen free meditation recordings to help you cope with life's inevitable hurdles.

Conclusion: Yoga has and is moving itself as "stress management and how a day it is being used in written word too as a major alternative to the offensive allopathic drugs. Web Material

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