

Greetings to all,

As I browse the Internet and also when I glance the newspaper, headline that take toll on are somewhere down the lane linked with the fact of question on **HOW TO MANAGE STRESS**.

It is very interesting to know that today we all talk about stress but have we ever given our due concentration for the same. Now when we calibrate our today with our yesterday or ponder about future instead of paying attention to our present, we throw our self away from the state of quiescence. We end up omnifying our problems and then we even elucidate those thoughts with dignity. And ultimately we move away from our flawless life to an unconversant place which directly or indirectly wroth our mind.

To move forward, let's first drench our thoughts towards the fact as to why we face stress. "Stress" in simple terms is an organism's response to a stressor such as a stimulus. Now this is very interesting that anything or anybody can be "Stimulus". Starting from a baby to a gigantic issue, from sew to ship, **MARK** it for once and all, anything can give us stress. Stress is a body's method of reacting to a challenge. According to the stressful event, the body's way to respond to stress is by **sympathetic nervous system** activation which results in the **fight-or-flight response**.

All the time you feel lunky and unravel you from the daily stolid life. Therefore, it is adequately important to pay attention to what you truly deserve, which is "A Stress-Free Living"

For a stress free living what one can do is learn actual art of living. I may not be an expert advisory but here I can for sure present before you "**TOP 5**" methods for managing stress, which I can share with you to vanquish stress. It is common for everybody of us to face a little stress at some or the other point of life, but on the other hand life can never be so aghasting that it bombard us with severe mini stress attacks all the time.

## Managing Stress

### 1. Meditate

A few minutes of practice per day can help ease anxiety. "Research suggests that daily meditation may **alter the brain's neural pathways, making you more resilient to stress**," says psychologist Robbie Maller Hartman, PhD, a Chicago health and wellness coach.

It's simple. Sit up straight with both feet on the floor. Close your eyes. Focus your attention on reciting -- out loud or silently -- a positive mantra such as "**Om Namah Shivaya**" or "**Gayatri mantra**". Place one hand on your belly to sync the mantra with your breaths. Let any distracting thoughts float by like clouds. As per ancient history of India, **Vedic Chants** have a **positive impact** on our body, mind and soul.

## **2. Breathe Deeply**

*Take a 5-minute break and focus on your breathing. Sit up straight, eyes closed, with a hand on your belly. Slowly inhale through your nose, feeling the breath start in your abdomen and work its way to the top of your head. Reverse the process as you exhale through your mouth.*

*“Deep breathing **counters the effects of stress** by slowing the heart rate and lowering blood pressure,” psychologist Judith Tutin, PhD, says. She's a certified life coach in Rome, GA.*

## **3. Reach Out**

*Your social network is one of your best tools for handling stress. Talk to others -- preferably face to face, or at least on the phone. Share what's going on. You can get a fresh perspective while keeping your connection strong. Along with, also learn the art of listening. 90% of our problems are resolved when someone listen to us with all care and that is what others too expect from us.*

## **4. Laugh Out Loud**

*A good belly laugh doesn't just lighten the load mentally. It lowers cortisol, your body's stress hormone, and boosts brain chemicals called endorphins, which help your mood. Lighten up by tuning in to your favorite sitcom or video, reading the comics, or chatting with someone who makes you smile.*

*Watch “Kapil Sharma” as much as you can. (Laughter) And if you are die hard English Soap Opera fan I can suggest “F.R.I.E.N.D.S”, “How I met your mother” and “Two and a half men”. (That is my personal choice) Rest do anything and everything that makes you happy, content and smiling.*

## **5. Get Moving {Exercise}**

*You don't have to run in order to get a runner's high. All forms of exercise, including yoga and walking, can ease depression and anxiety by helping the brain release feel-good chemicals and by giving your body a chance to practice dealing with stress. You can go for a quick walk around the block, take the stairs up and down a few flights, or do some stretching exercises like head rolls and shoulder shrugs. You can also do 5-8 rounds of “Surya Namaskar”. It is considered as a whole some exercise for our whole body as it stretches every part of us. Add on, it just takes 5-10 minutes for the same.*

*All above will not be fruitful unless you will be grateful for what you have. You are reading this column, so technically you are far luckier than those who are not reading this. Now imagine if just one reading can make you fell a 0.1% content, how the application of above will content you. You live a life where you are able to read, learn, write, talk, have fun, enjoy and move on with all you have. You have a bunch of family and friends to help you every now and then. You have God and Guru to take you on a very beautiful path of life and guide you every second. Feel gratitude to help you remember all the things that are good in your life.*

*“Being grateful for your blessings cancels out negative thoughts and worries,” says Joni Emmerling, a wellness coach in Greenville, NC.*

### **Concept of FOUR A's:**

- ❖ **Avoid unnecessary stress.** *Not all stress can be avoided, but by learning how to say no, distinguishing between “shoulds” and “musts” on your to-do list, and steering clear of people or situations that stress you out, you can eliminate many daily stressors.*
- ❖ **Alter the situation.** *If you can't avoid a stressful situation, try to alter it. Be more assertive and deal with problems head on.*
- ❖ **Adapt to the stressor.** *When you can't change the stressor, try changing yourself. Reframe problems or focus on the positive things in your life.*
- ❖ **Accept the things you can't change.** *There will always be stressors in life that you can't do anything about. Learn to accept the inevitable rather than rail against a situation and making it even more stressful.*

*Always remember, there are **FOUR** ways that can deal with any problem you face in life.*

*“Srimad Bhagavatam- 7.5.19” speaks about it.*

*A wise person is said to have four techniques, both inwardly and outwardly —Saama, Daana, Bheda and Danda.*

*“To deal with people and be wise, the first thing you use is Sama which means in a peaceful and understanding way. When that doesn't work out, then you try Dana which means allowing it to happen and forgiving.*

*When people don't recognise your generosity in allowing them space, then the third principle called Bheda comes in, it means to intentionally create a gap. If a person still doesn't realise that they have made a mistake then it is time to use the stick, Danda, the final approach.”*

***Saama** : maintain the equanimity. Take both the good and the bad with equanimity.*

***Daana** : means giving up that which disturbs you, that which cannot put you in the royal seat of equanimity.*

***Bheda** : differentiate, separate the imperishable from the perishable. This very body is so hollow and empty.*

***Danda** : Danda means support. Determination and commitment are the Danda. Your spiritual discipline is Danda.*

*Source:H.H. Sri Sri Ravi Shankar, (Founder-Art of Living)*

**To decipher the elixir of life, we need to have a stress-free life.**

**-Arunima Kumar**