

Stress Management through Yoga

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Abstract

Introduction-Stress is the body's automatic response to any physical or mental demand placed on it. It is subjective and unpleasant felling of distress. Every one of us irrespective of our age, sex, education, occupation, socio-economic status, whether live in rural or urban area face stress. Stress effect body, mind, behavior in many ways and everyone experiences stress differently. It adversely effect a wide range of health condition and yoga is the most comprehensive approach to fighting stress. When we are in stress our nervous system respond by releasing a flood of stress hormone. This hormone stimulates the body for emergency action by "fight-flight or freeze" reaction also known as stress response. The agent which causes stress is known as 'stressors'. Stress causes many harmful effect on the body such as , Physical impact -Weight gain/loss, Unexpected hair loss, Heart palpitations, High blood pressure, Digestive symptoms (such as dryness of mouth, flatulence, nausea, butterfly stomach)etc. Emotional negative effect includes Mood swing, Anxiety, Can lead to depression unhealthy coping strategies (i.e. alcohol, drugs).

Index terms—

1 Introduction

Stress is the body's automatic response to any physical or mental demand placed on it. It is subjective and unpleasant felling of distress. Every one of us irrespective of our age, sex, education, occupation, socio-economic status, whether live in rural or urban area face stress. Stress effect body, mind, behavior in many ways and everyone experiences stress differently. It adversely effect a wide range of health condition and yoga is the most comprehensive approach to fighting stress.

2 Role of Yoga

It is observed that yoga improves attention and emotional control as well as affects the nervous system, making the parasympathetic nervous system more dominant and stabilizing the autonomic nervous system to enhance resistance to the effect of stress.

Yoga practices including asan's, slow breathing, meditation, increases activation of P.N.S. & leads to mental relaxation.

Yoga is a way of improving our self & understanding our internal state.

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All these changes occur because of excess secretion of adrenaline as hypothalamus-pituitaryadrenal glands become hyper active under stress.

Prolong stress leads to increased 'wear and tear' of the body and mind, which in turn lead to:
IV.

3 Meditation

4 b) Flight Stress Responses

You may respond best to relaxation techniques that are stimulating and that energize your nervous system, such as rhythmic exercise.

5 c) Freeze Stress Response

Your challenge is to identify relaxation techniques that provide both safety and stimulation to help you "reboot" your system. Techniques such as mindfulness walking.

We can deal stressful situation by adopting four A'S i.e. Avoid unnecessary stress. Not all stress can be avoided, and it's not healthy to avoid a situation that needs to be addressed.

Learn how to say "no" - Know your limits and stick to them. Whether in your personal or professional life. & avoid people who stress you out.

6 e) Stress management strategy

Alter the situation. If you can't avoid a stressful situation, try to alter it by following points - 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.

Since everyone has a unique response to stress, there is no "one size fits all" solution to dealing with it. No single method works for everyone or in every situation, so experiment with different techniques and strategies. Focus on what makes you feel calm and in control.

We may feel like the stress in our life is out of our control, but we can always control the way we respond. Managing stress is all about taking charge: taking charge of our thoughts, our emotions, our schedule, our environment, and the way we deal with problems.

These are four simple & general strategy to manage stress, by adopting all these methods we can get rid from the stress.



Figure 1:

f) Stress management strategy

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.

? Focus on the positive. 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.

g) Stress management strategy

Figure 2: ?

