



Stress Free Living

Prajapita Brahmakumaris Ishwariya
Vishwavidyalaya

Presented By

B.K.Prof. Prafulchandra Shah

17th Century has been described as the
AGE OF FAITH

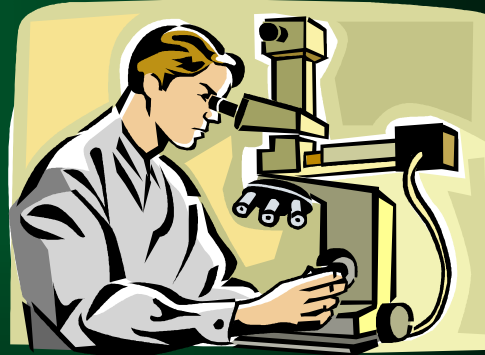


18th Century is considered as the
AGE OF REASONING





19th Century was **AGE OF PROGRESS**



20th Century was **AGE OF STRESS**



**For 21st Century it is predicated that
it will be either**

Age of Panic or Age of Peace

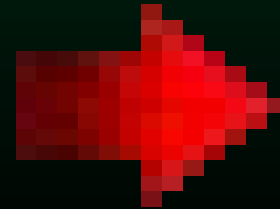


We have to decide.



Certainly Peace.... then
Most Important Priority of 21st Century
has to be

STRESS MANAGEMENT



STRESS ... What is it ?

Popular Definitions

- The result of a person being pushed beyond the limit of his normal ability.
- Stress is not an event or a circumstance but it is a response to human limitations.
- Stress is our inability to cope with change around us.
- Whenever there is a change in our environment (physical, psychological, social or economical), which we appraise as damaging or harmful, some demand is placed on us for adjustment. The way our body and mind respond to this demand is called STRESS.



Popular Definitions...Continued:

- In physics:

$$\text{Stress } \propto \text{Strain} = \frac{\text{Pressure or Force}}{\text{Resilience}}$$

Similarly,

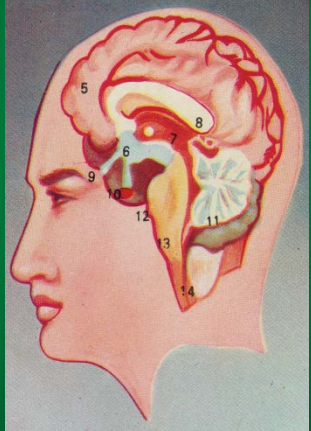
$$\text{Mental Stress} = \frac{\text{External Pressure, Challenge and Competition}}{\text{Inner Strength and Ability}}$$

- Stress is anything internal or external that has harmful effect on mind and body.
- Any external stimulus which leads to Physiological changes in the form of enlargement of lymph nodes, stimulation of corticosteroids, increase in muscle tension can be considered as stress. – *By Founding Father of Stress Research – HANS SEYLE*

Negative Effects of Stress(Signs)

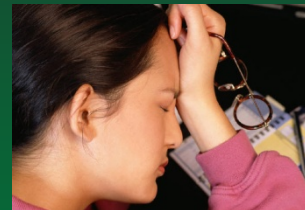
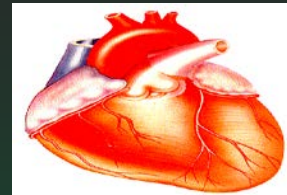
Physical Effects

- Effect of stress on body is disastrous.
- Affects deeply on Hypothalamus and Pituitary glands, therefore affects autonomic nervous system and endocrine system.
- It also affects immune system, Lipid metabolism and Neurons.
- All the seventy five trillions of our body cells are affected by our thoughts.



Physical Effects... continued:

- ❖ Headache
- ❖ Infections
- ❖ Throbbing heart
- ❖ Allergies
- ❖ Indigestion
- ❖ Twitching; nausea
- ❖ Tiredness
- ❖ Weight loss/gain
- ❖ Vague aches and pains
- ❖ Insomnia



Mental Effects

- ◆ *Indecisive or make*
- ◆ *Hasty decisions*
- ◆ *Making mistakes*
- ◆ *Forgetfulness*
- ◆ *Lack of concentration*
- ◆ *Easily distracted*
- ◆ *Worry more*
- ◆ *Mood swings*



Effects On Emotions

 *Irritable*

 *Anger*

 *Alienation*

 *Nervousness*

 *Apprehensive*

 *Cynicism*

 *Loss of confidence*

 *Job/Life Dissatisfaction*



Effects on Behavior


- ◆ Unsociable
- ◆ Poor inter personal relations
- ◆ Restless
- ◆ Loss/Gain of appetite
- ◆ Drink/Smoke more
- ◆ Takes work at home
- ◆ Poor management
- ◆ Too busy to relax





Causes of Stress (Stressors)

General Causes

- 
- ◇ Most of the stresses are symbolic, very few are real.
 - ◇ The situations, circumstances, events or other people are not responsible for our stress, but the view point with which we look at the situation is a real cause for the stress. It is our attitude which builds up the state of our mind.
 - ◇ If you want to change the world, change your attitude.

(Deepak Chopra)

- ◇ The greatest discovery of 20th century is that by changing your attitudes, you can change your perception.

(Late William James – Founding father of Psychology)

Physical causes



- Excessive heat or cold



- Excessive noise



- Persons own illness



- Excessive physical work

Family causes

- ❖ Different life style
- ❖ Different values
- ❖ Sharing of work load
- ❖ Financial difficulties
- ❖ Distribution of money/assets
- ❖ Illness or death of a family member
- ❖ Staying away from the family



Career and Job oriented causes

- Unemployment
- Lack of job security
- Lack of clear goals
- Still not found ones niche
- Promotions
- Too much or too little work load
- Poor physical condition of work space
- Time pressure/Deadlines
- Conflicts with colleagues, subordinates and bosses
- Lack of trust and faith in others



Social causes

- Spoiled relationship with family members, friends, neighbors colleagues etc.
- Different values
- Expectations
- Obligations
- Poor Communication
- Misunderstanding
- Jealousy



Present global problems

↪ **Economic**

- ↪ Inflation
- ↪ Unemployment
- ↪ Poverty
- ↪ Depreciation

↪ **Social**

- ↪ Broken family
- ↪ Bitter relations
- ↪ Selfishness
- ↪ Evil customs

↪ **Political**

- ↪ Anarchy
- ↪ Instability
- ↪ Strife
- ↪ Corruption

↪ **Ethical**

- ↪ Lack of Ethical
- ↪ Values
- ↪ Downgrading
- ↪ Influence of

Tension
↓
Depression
↓
Negativity
↓
Abnormality



Types of Personality

Type A

1. Tries to do more and faster
2. Concern with speed, Performance
3. Tends to be aggressive, impatient, intolerant and always hurried and hard driving
4. Preoccupied with time
5. Eager to start and finish
6. Strong competitive tendency
7. Always wants to succeed
8. More prone to heart attack

Type B

1. Easy going
2. Takes difficulties in his stride
3. Spends more time on what he or she is doing
4. Not as preoccupied with time
5. Usually feels there is plenty of time
6. Take time to ponder alternatives
7. Rarely Harassed
8. Less prone to heart attack

How to manage the stress ?

Physical Techniques

- ◆ Relaxation through deep breathing or *pranayam*.
- ◆ Palming on eyes to relieve strain on eyes and face.
- ◆ Walking or swimming specifically in early morning.
- ◆ Yogasans meant for relaxation and rest like *Savasan*, *Balakasan*, *Makarasan* etc.
- ◆ Progressive Stretch and Relax Technique for releasing the muscles stress from feet to face in *Savasan*.
- ◆ Polarity experience techniques for relaxations.
- ◆ Listing to Music.



◆ Meditation and Yoga; Think calmly and pray God



◆ Talk to others: wife, brother, father, friend etc



◆ Seek professional help



◆ Take sedative or anti-psychotic drugs after consulting doctor



◆ Get oneself on anti-stress program



Intellectual Techniques

- Compromise with situation
- Find alternative solution
- Keep some time between tow jobs
- Arrange your jobs according to its priorities
- Analyze realities
- Conversation with self
- Attempt to understand others point of view
- Examine your career, life style and approach to your life and rationalize your own thinking.
- Improve your management skills e.g. Plan your work better and develop self management skills.



Psychological Techniques

❖ There are always at least a few direct or indirect advantages in every events of your life. Make it a habit of pondering over those advantages however small they may be.

❖ Don't feel sorry about what you have done yesterday because now yesterday is not in your hands. Yesterday is dead. Also don't worry about tomorrow. Tomorrow is not yet born. **ONLY TODAY** is in your hands. Put all efforts in making your today positive and successful.

❖ Don't feel inferior by comparing your self with others. Remember that you are a unique person in this world.



- ❖ Consider your critics as your well wishers. By describing your weakness and drawbacks they are acting as a Psychotherapist without taking any fees.
- ❖ Forgive all those people who have created hurdles in your life and made it more difficult to live. Unless you take this positive step you won't be able to forget all those unhappy and painful incidents.
- ❖ Don't try to solve many problems at a time. Divide all your problems in the form of compartments. Open only one compartment at a time when you are free from more productive work. Let all other compartments be closed.





❖ Whenever possible spare sometime to help others. By rendering your services to others, your and others worries, tensions and anxieties will definitely be minimized.

❖ Have a positive attitude towards day to day events. By changing your attitudes you can transform the pain into pleasure, sorrow into happiness and criticism into blessings.



❖ In spite of putting all efforts if you cannot change a situation don't feel unhappy and depressed about it. Remember that time is the best healer.

❖ This world is huge dram in which we are all actors playing the specific role allotted to each one of us. Hence, don't feel anxious by observing the scenes related to tragedy and sorrow.

- ❖ Don't think of taking revenge but put efforts to transform yourself. The thoughts or revenge will only increase your mental stress. The efforts of self transformation will bring peace, progress and prosperity.
- ❖ Don't feel jealous about others instead churn the gems of spiritual wisdom. Jealousy burns the mind and body, but the spiritual wisdom will bring solace comfort and satisfaction.
- ❖ When you give happiness to someone happiness comes back to you with the same intensity. Hence always give happiness to other; never even think of giving unhappiness to anyone.
- ❖ While you are facing problems and difficulties think that you are paying the dues of your past actions. Hence feel happy about it.





❖ Even a suitable ego can generate expectations leading to mental ups and downs. Therefore, in order to achieve stability of mind give up ego. Remember that you came to this world with empty hands and you are going to leave this world with empty hands.



- ❖ Make it a rule to observe your thought pattern for a 4 to 5 minutes a day. Such a practice will help you to prevent unwanted and unnecessary thoughts.
- ❖ Surrender all your worries to the supreme father of all souls.
- ❖ Practice meditation 15 to 20 minutes daily. Meditation takes you beyond relaxation response and brings several psycho-physiological benefits.

Spiritual and Yogic Techniques

Previous discussion reveals that stress free living demands :

- Positive thinking
- Positive attitude
- Positive emotions
- Power to tolerance, to accommodate, to face
- Inner strength and abilities

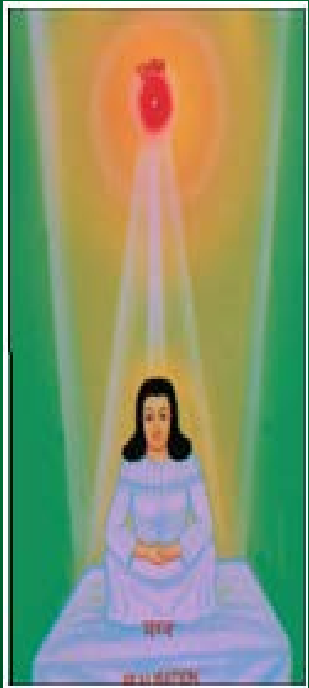


The Spiritual understanding and the Raj yoga meditation practice are the only total and gross tools to meet this demands.

WHY.....???

Because Raj yoga meditation is

- An art of physical and mental Relaxation.
- A mental drill, which makes our mind strong, stabile and tranquil.
- An art of positive and creative thinking leading to the positive attitude and positive emotion.
- The only technique to stabilize our minds in soul consciousness which essential to be free from vices.
- The sadhana, which establishes the union of our own self, soul with almighty supreme soul, which in turn enriches our soul with powers, values, virtues and especially with peace.
- A master key for self-realization, god realization and world realization which in turn leads to total self-transformation.



Major Steps of Raj Yoga Meditation

- Physical and Mental Relaxation
- Withdrawal
- Concentration
- Introversion
- Introspection
- Self Transformation
- Self Realization
- Linking up with God
- God Realization
- Empowerment And Enrichment of Self



Self Realization

Means knowing one's own self

आप आत्मा हैं, शरीर नहीं
SOUL – THE PROGRAMMER

जिस तरह एक संचालक कम्प्यूटर के द्वारा रोबोट को नियंत्रण करता है, उसी प्रकार आत्मा भी मस्तिष्क द्वारा शरीर को नियंत्रित करती है।
JUST AS A PROGRAMMER CONTROLS A ROBOT THROUGH A COMPUTER, SO A SOUL CONTROLS THE HUMAN BODY THROUGH BRAIN.

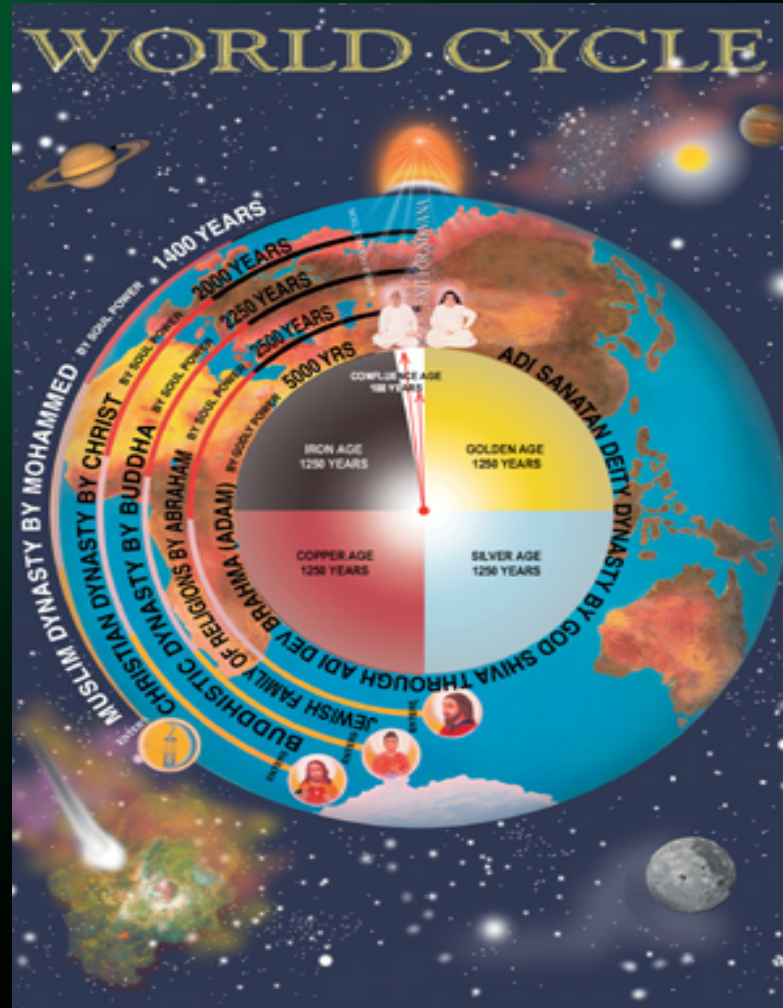
God Realization

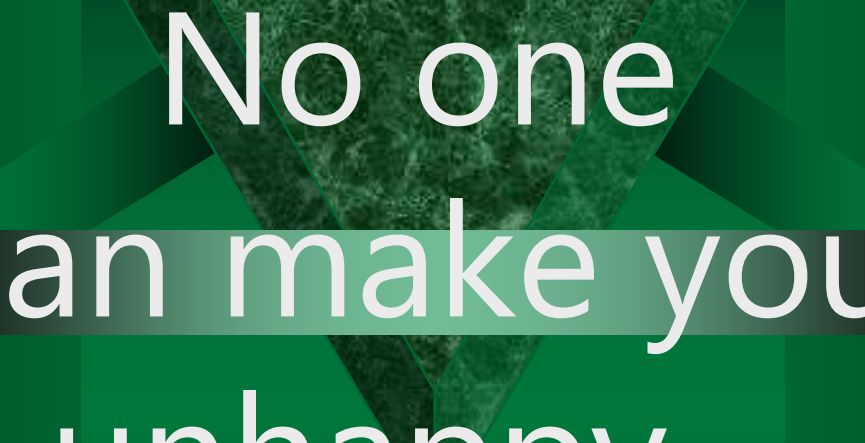
Means having true concept of GOD



World Realization

Understanding the eternal world drama and its principles

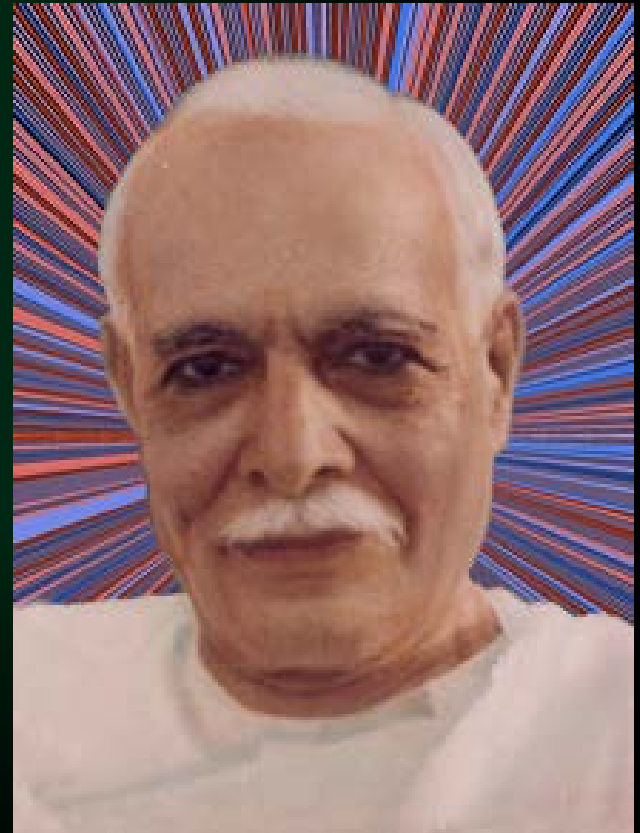


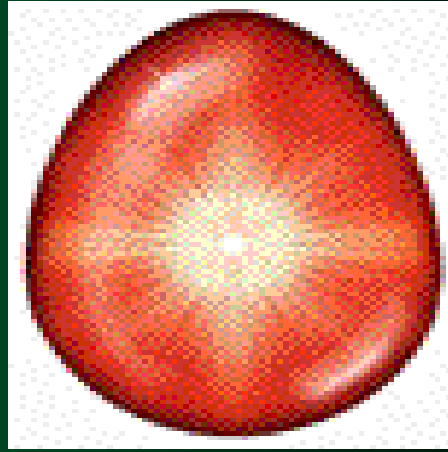


No one
can make you
unhappy...
...without
your consent!

THANK YOU VERY MUCH

FOR YOUR ACTIVE
PARTICIPATION IN
THIS PRESENTATION.
WE HOPE YOU WILL
CONTEMPLATE
OVER VARIOUS
POINTS SHARED IN
THIS PRESENTATION
AND MAKE IT A PART
OF YOUR
PERSONALITY.





Om
Shanti