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Stress Management thorough Yoga

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Introduction

What is Yoga?

Yoga means meditation, a control over your breath, simple body posture or structure to be adopted for relaxation and for healthy body.

Definition of Yoga

The word “**yoga**” comes from the Sanskrit root yuj, which means “to join” or “to yoke”. **Yoga** is a practical aid, not a religion. **Yoga** is an ancient art based on a harmonizing system of development for the body, mind, and spirit.

In general Yoga is nothing but a part of or a method of mental, physical and spiritual wellbeing. Yoga helps to keep the body healthy and it keeps balance development in all these three aspects.

What is Stress?

Stress means tension or pressure. Stress is body’s way of responding to any kind of demand. It can be caused by both good and bad experiences. When people feel stressed by something going on around them, their bodies react by releasing chemicals into the blood.

Definition of Stress

Stress is defined as the physical pressure and strain that result from change.

There are two types of stress: - When stress is good or positive and leads to something desirable such as studying for a big exam and then receiving a good grade on the exam, it is called Eustress.

When the stress has negative effects such as confusion, an inability to make decisions, and illness, it is called distress.

Key words:-

- OVER AMBITION
- WORK PRESSURE
- POOR INTER-PERSONAL RELATIONSHIP
- INSECURTY
- STRESS
- YOGA

Research Methodology

In order to study any, a scientific research methodology must be adopted to reach logical conclusions and suggestions.

Objectives of the study

- I) Considering the current scenario the main objective is to check the cause and effects of increase of Stress.
- II) Stress management should be done through simple Yoga.

Data collection Methodology

The study was based on secondary data. Secondary data collected from various books, periodicals, journals, internet sources, and published information on uses of social media. Nature of the study is mostly explorative as well as descriptive.

Details

In today's life everybody is having some stress in case of students they are having stress of Exam. Many people are having office stress, family stress. Stress can be of

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- WORK PRESSURE
- POOR INTER-PERSONAL RELATIONSHIP
- INSECURITY
- CHANGE IN ENVIRONMENT
- NOISE POLLUTION
- DISTURB MARITAL LIFE
- HIGH COST OF LIVING
- POOR EMPLOYMENT OPPORTUNITIES
- JOB STRESS

The number of stressed people is increasing day by day and now a day everybody is searching for stress to be released. The ways of releasing stress is listening music, watching cartoon, movie or serial, going out for trip, going with friends; family etc.

How to reduce stress

- Music
- Laugh
- Physical Exercise
- Proper Sleep
- Positive Attitude

- Relaxation
- Yoga.

Stress Management thorough Yoga

Yoga helps in reducing stress. Yoga helps the people to reduce stress through meditation and control over your breath. It helps in controlling your body, mind and spirit.

Yoga — a mind-body practice — is considered one of many types of complementary and integrative health approaches. Yoga brings together physical and mental disciplines that may help you achieve peacefulness of body and mind. This can help you relax and manage stress and anxiety.

Yoga has many styles, forms and intensities. Hatha yoga, in particular, may be a good choice for stress management. Hatha is one of the most common styles of yoga, and beginners may like its slower pace and easier movements. But most people can benefit from any style of yoga — it's all about your personal preferences.

The core components of hatha yoga and most general yoga classes are:

- **Poses.** Yoga poses, also called postures, are a series of movements designed to increase strength and flexibility. Poses range from lying on the floor while completely relaxed to difficult postures that may have you stretching your physical limits.

- **Breathing.** Controlling your breathing is an important part of yoga. Yoga teaches that controlling your breathing can help you control your body and quiet your mind.

- **Meditation or relaxation.** In yoga, you may incorporate meditation or relaxation. Meditation may help you learn to be more mindful and aware of the present moment without judgment.

Yoga can be divided into six categories

- 1) Bhakti yoga
- 2) Karma yoga
- 3) Jnana yoga
- 4) Mantra yoga
- 5) Raja yoga
- 6) Hatha yoga

Stages of Yoga

- Self-restraint (yama)
- Spiritual discipline (niyama)
- Posture (asanas)
- Breath control (pranayama)
- Sense withdrawal (pratyahara)
- Concentration (dharana)

- Meditation (dhayana)
- Spiritual consciousness (samadhi)

Benefits of Yoga

- Energy levels increase
- Weight normalizes
- Sleep improves
- Pain decreases
- Stress free life
- Healthy body
- Stress reduction. A number of studies have shown that yoga may help reduce stress and anxiety. It can also enhance your mood and overall sense of well-being.
- Improved fitness. Practicing yoga may lead to improved balance, flexibility, range of motion and strength.
- Management of chronic conditions. Yoga can help reduce risk factors for chronic diseases, such as heart disease and high blood pressure. Yoga might also help alleviate chronic conditions, such as depression, pain, anxiety and insomnia.

Some Asanas that help in stress management

1) Tadasana (Mountain Pose)

It helps you improve your concentration levels by increasing your focus level.

- Stand straight with your feet flat on the mat with the heels slightly spaced out and big toes touching each other. Keep your spine straight while hands straight on either side, with palms facing the thighs.
- Slowly stretch your hands and bring your palms together.
- Inhale deeply and stretch your spine while taking the folded hands up above your head. Stretch as much as possible.
- Slowly lift your ankle and stand on your toes, with eyes facing the ceiling.
- Hold the position for a minimum of 30 seconds, while breathing normally.
- Slowly relax your body and bring your feet back to the floor.

2) Balasana (Child Pose)

This helps you to relax completely, like a child. In this pose, you curl up like a foetus.

- Sit on your knees with your palms facing the floor on either side of the body.
- As you inhale, bring your whole body forward in such a way that only the forehead touches the floor.

- Stay in the position for a minimum of 30 seconds, while breathing normally. The longer you stay, the more relaxed you will feel.
- Slowly lift your forehead and stretch your body back to Vajrasana (Diamond pose).

Repeat thrice.

People suffering from knee injuries are advised not to try this pose.

3) Padmasana (Lotus Pose)

This pose is commonly used during meditation and helps to increase the self-awareness levels. The pose helps you to calm down and soothes your mind.

- Sit cross legged. The left feet should be on right thigh and vice versa, while the soles face up.
- Keep the spine erect.
- Keep the hands in Gyan mudra.
- Close your eyes and while inhaling and exhaling deeply, maintain the pose for a minimum of 30 seconds.

People suffering from knee injuries are advised not to try this pose.

4) AdhoMukhaSvanasana (Downward Facing Dog Pose)

This is one of the 12 phases of Surya Namaskar (Sun Salutation). Along with energizing the body and offering relief from indigestion problems, the pose is known to relax your body. Thus, it is an ideal asana for obtaining relief from stress.

- Stand straight with your feet flat on the mat. Keep your spine straight while hands straight on either side, with palms facing the thighs.
- While breathing normally, bend forward, and place the palms in front of you on the mat. The head should face down.
- Slowly stretch your legs backwards, one at a time, while maintaining the balance, in such a way that the feet and hands are in line with each other.
- Make sure that the elbows are straight and fingers are spread out.
- Inhale deeply and tuck in your stomach completely.
- Hold the position, while breathing normally, with tummy tucked in for about 30 seconds to 60 seconds.
- Exhaling slowly, come back to the standing pose.

Repeat three to five times.

5) Savasana (Corpse Pose)

Relax yourself completely with this pose. If you do not have time for any other yoga asanas, you can practice this. It brings your breathing to normal levels, and thus, helps to soothe down stress levels.

- Lie down in supine position.
- Close your eyes.
- Slump your body in such a way that it looks lifeless.
- Let go of everything and experience the serenity as your body weight shifts away from you completely.
- Maintain the position until you feel light and relaxed.

This pose helps you do away with fatigue and fills your mind with an amazingly intense calmness.

Meditation

Meditation has proven extremely beneficial in reducing stress and anxiety, lowering blood pressure, improving concentration and creativity besides bringing relief from stress-induced ailments. In the modern age, various meditation techniques are increasingly being used for relaxation as well as therapeutic benefits. Among them are Mantra Japa, Vipassana, Transcendental Meditation made popular during the 1970s by Maharshi Mahesh Yogi, SudarshanKriya of Sri Sri Ravi Shankar and many more.

All these practised together are bound to give you tremendous results in combating stress at all levels, physical, mental and emotional.

Practicing postures with steady relaxed breathing can alleviate the physical effects of stress and accumulated tension as well. Some quick, but effective yoga exercises that can be practiced are neck movements and shoulder socket rotation which relax the neck and upper back. Several stretches including palm and feet, double angle, and triangle stretch can improve your circulation. Having good circulation is extremely important because our life fluids are blood and oxygen. By encouraging a good supply of both, it revitalizes the body and allows you to be more focused and concentrate clearly.

Other factors that also cause stress are suppressing emotions and worrying needlessly. Instead of suppressing your feelings, try to gain a better understanding of them, by meditating and focusing on your breath. It is also very crucial to understand that worrying about the future does not produce a favourable outcome and in fact detracts from your performance. Worrying causes shortness of breath, creating stress and tension which are both harmful to your mind as well as body. It is important to focus on the present moment, utilizing it to plan the future and to do what you can, to the best of your ability.

Stress and tension impact our entire being; our body, mind, and spirit. However, we can overcome the effects of stress and manage them by utilizing the beneficial breathing techniques and postures that yoga provides. These techniques can not only alleviate the problems we encounter daily, but can revitalize and nourish the mind, body, and spirit over a prolonged period of time, enabling all of us to have long and healthy lives.

Conclusion

Stress should be regarded as a serious health problem resulting in the development of various diseases which may be fatal ultimately & Yoga and Meditation, if practiced regularly would prevent or reduce or cure stress symptoms depending on complications arisen from stress.

Yoga is a simple technique that, if practiced for as few as 10 minutes each day, can help you control stress, decrease anxiety, improve health, and achieve a greater capacity for relaxation.

Yoga increases body awareness, relieves stress, reduces muscle tension, strain, and inflammation, sharpens attention and concentration, and calms and centers the nervous system. Yoga's positive benefits on mental health have made it an important practice tool of psychotherapy.

Reference

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