

Spiritual Approach to Stress Management



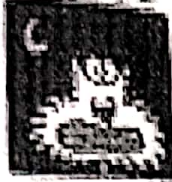
**L P Bhanu
Sharma**

Principal, Apex College
Life Coach, Jeevan



When do you feel stressful?

THERE ARE ONLY
TWO TIMES
I FEEL STRESS:

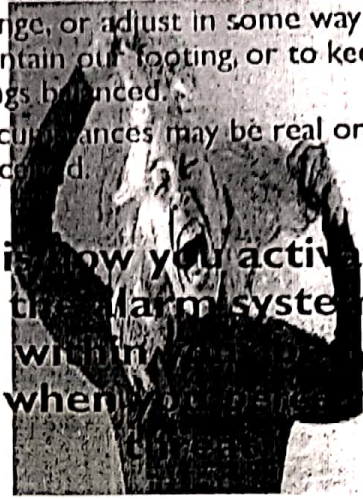


DAY AND NIGHT.

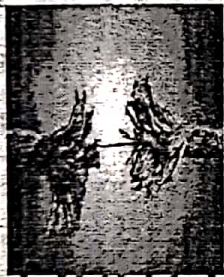
Stress Is...

- Our *Emotional Response* to circumstances that force us to act, change, or adjust in some way to maintain our footing, or to keep things balanced.
- Circumstances may be real or just perceived.

It is how you activate
the alarm system
within
when you are



Stress has become a
modern day
epidemic.



There is

'how'

STRESS: The Silent
Killer

- 80% of all illness comes from stress.
- About 75-90% of the visits to hospitals/clinics are stress related.
- Ulcers, sleeping disorders, memory loss and obesity stress related.



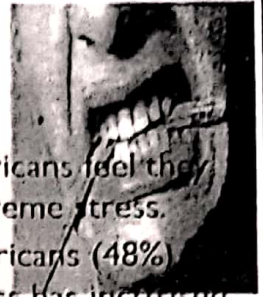
STRESS: The Silent Killer



- It is now known that about two-thirds of all heart disease is not caused by traditional risk factors: cholesterol, smoking, unmanaged lifestyle.
- Many types of cancer are stress-related.



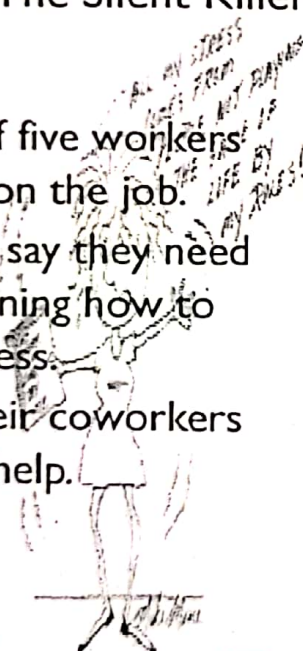
STRESS: The Silent Killer



- One-third of Americans feel they are living with extreme stress.
- About half of Americans (48%) feel that their stress has increased over the past five years.
- Workplace stress costs US more than \$300 billion each year in health care, missed work and stress-reduction.

STRESS: The Silent Killer

- Four out of five workers feel stress on the job.
- Nearly half say they need help in learning how to manage stress.
- 42% say their coworkers need such help.



- Stress has taken a toll on every aspect of human living : personal life, family, work, society, environment
- Stress has turned life into meaningless pursuit, ruined family, paralyzed relationships, cut down our productivity and narrowed our vision.
- Every individual could have much more – we have narrowed down productivity. We have taken trucks to office.

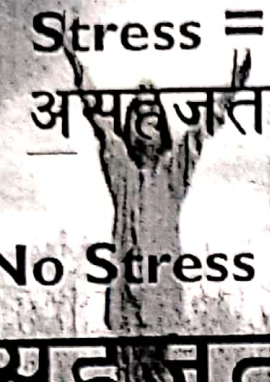


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Stress In Nepali?


Stress =
असहजता

No Stress =
सहजता




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In life, a man runs so hard only on two occasions – either as a participant in the Olympics or during a police chase. Why are you running this fast?




Amar Akbar Anthony
(Hindi movie)

Stress is to mind what Fever is to body



- Living with stress is like living with fever whole life. No taste, no smell, no touch, no sense.
- Stress erodes away our human qualities and we tend to go away from ourselves. We cannot ACT, we just REACT.



Stress has nothing to do with how many hours you work

And everything to do with how you feel during those hours

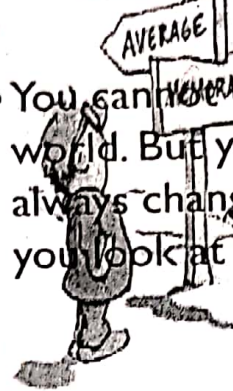
Spirituality says the only reason why stress arises is: 'EGO'



Life is one indivisible whole, don't departmentalize it.

THE REST OF YOUR LIFE...
Mahatma Gandhi

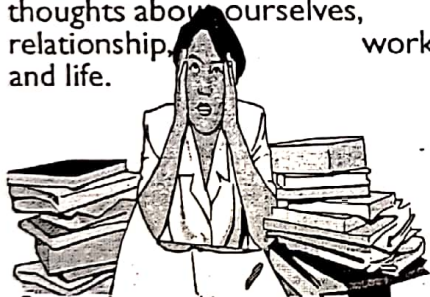
You cannot change the world. But you can always change the way you look at the world.



Anon

Stressful Attitude

Major part of the stress arises because of our limiting thoughts about ourselves, relationship, work and life.

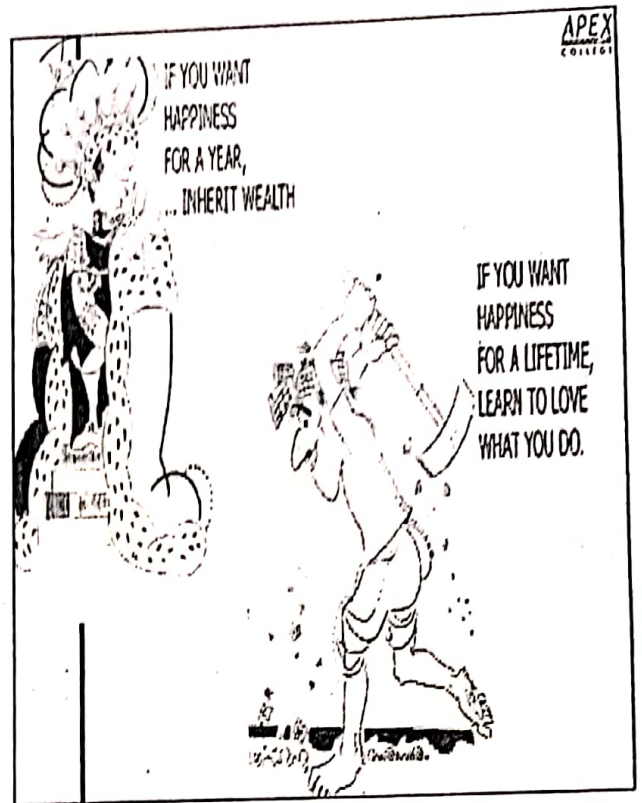


Stress has nothing to do with what the world does to you. It has everything to do with how you respond to it.

Attitude towards Work

Work is one of the main sources of stress in the current times. Our attitude towards our work and actions is important.





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- Love what you are doing. You will never have to be unhappy whole life.

Confucius

- Work is worship, duty is devotion.

Satya Sai Baba

- The moment you feel tired and exhausted from work, you are nearing the end of living.

Last message from Sage Basistha to Lord Ram

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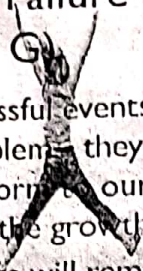
Check your Intake

- Keep a check on your intake:
 - Food
 - Thoughts
 - Environment
- Remain alert to what you receive.
- 'As is the food, so is the mind'.

Bhagavat Geeta

Turn Failure into Guru (F to G)

- Stressful events are not the problem; they challenge us to perform our best, they can fuel the growth for excellence.
- Stress will remain, Causes for stress will remain, but.....
 - We can transform our emotional response to threats
 - Convert 'F' to 'G'.



Learn to laugh at your troubles and you will never run out of things to laugh at.

"Being happy doesn't mean that everything is perfect. It means that you've decided to look beyond the imperfections."

happiness



yn Karol

Meditation: The Ultimate Remedy

- In US: about 7% practice meditation of some kind and about 11% practice yoga.
- Meditation is getting back to our own roots, to oneself.
- Meditation is a mind without agitation, hesitation and anticipation and a mind which is in the present moment.



Meditation: The Ultimate Remedy

Meditation affects the body in exactly the opposite ways that stress does, restoring the body to a calm state, helping the body to repair itself, and preventing new damage due to the physical effects of stress.

Heart rate and breathing slow down, your blood pressure normalizes, you use oxygen more efficiently, and you sweat less. Your adrenal glands produce less cortisol, your mind ages at a slower rate, and your immune function improves. Your mind becomes clear and your creativity increases.

Start Reconnecting with Yourself

We have to start reconnecting with ourselves. At our deepest core lies the essence of who I am, what I am best at and how can I excel in life.



Feel your
PRESENCE
now.

Att|w Self-
Realization

Witnessing

Alertness

Meditation Steps

HR and Stress

- Till date HR been focusing more on what the employee does at work.
- Now our kitchen, living room and even our bathroom is our workplace; advancement of IT has made 24 hours a time to work... so whole individual is important.
- If he/she doesn't do well at home and in the society, he can't do well at work.



Happy Organizations

- Need of today's organization to facilitate self-empowerment:
 - Meditation Cell
 - Spiritual Counseling Cell
- You will have healthy, positive, energetic and loving employees.



Conclusion

Manage
your stress
before it
manages
you.

