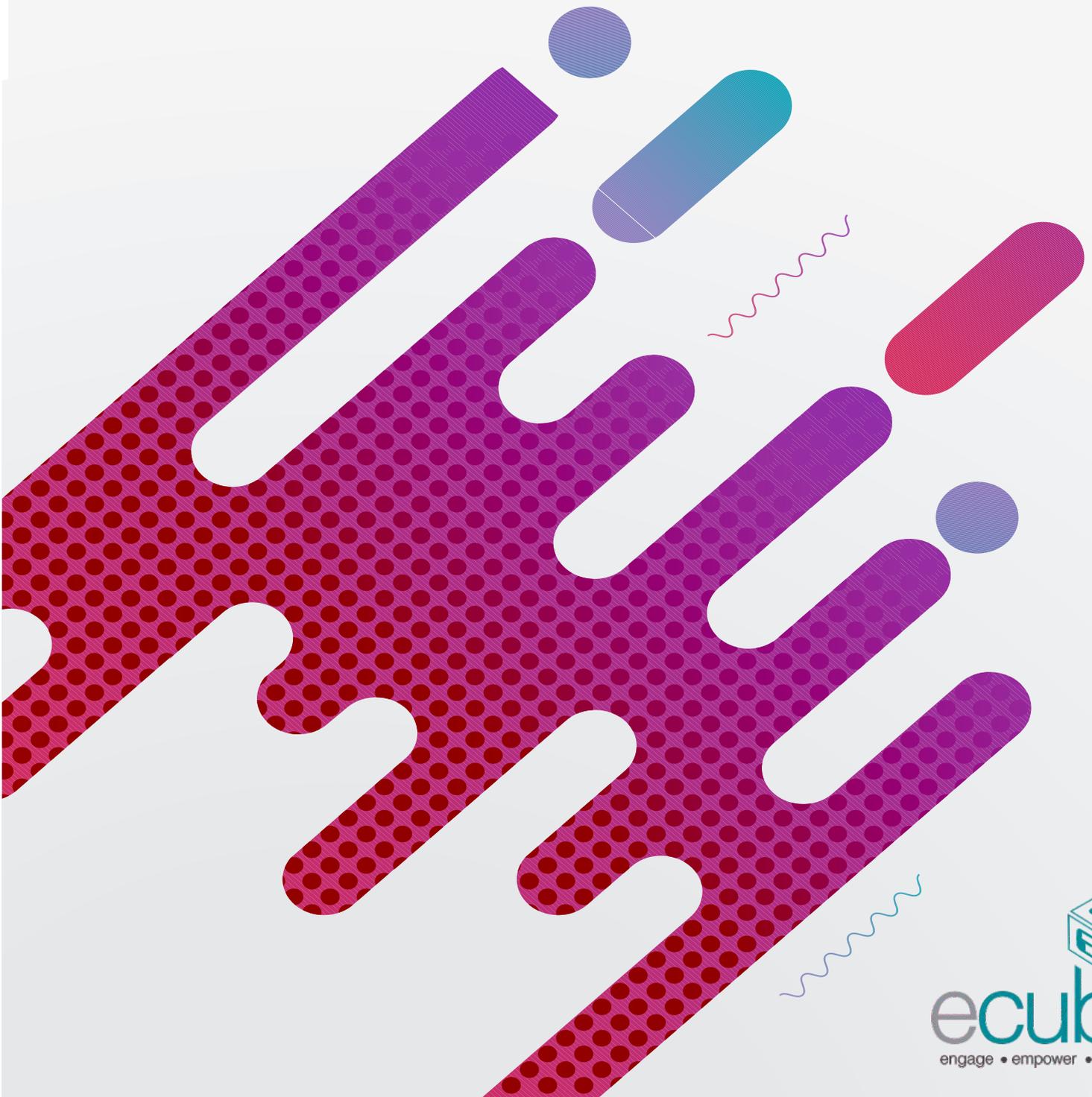


# STRESS

# MANAGEMENT

MINIMALISTIC  
DESIGN



# 1

## Stress?

Stress is a fact of life, we are somehow getting used to the idea of living with it! But being stressed out is not something we HAVE to undergo. While we don't always have control over what happens to us, that does not mean that we have to react to anything that happens to us by becoming drained or feeling overwhelmed or distraught.

The problem with stress is, it is not just a mental hazard; it has a physical effect too. It is bound to cause damaging effects to the brain and the rest of the body. The more stressed out we are, the more vulnerable we are to colds, flu, and a host of chronic or life-threatening illnesses—and the less open we are to the beauty and pleasure of life!

While it may seem like there's nothing we can do about stress, there are some changes in our lifestyle, and the way we go about handling stress that can make a difference. But before anything, we must realize that we are in control of our lives, and if we take charge of our lifestyle, thoughts, emotions, and the way we deal with problems, we can relieve the stress that we go through and find some peace.

Here are some things that you can do which might help you tackle the stress you experience in your life, and if it works for you, then pass it on to someone you care for.

# 2

## *Breathe in, Breathe out*

As clichéd as it may sound, sometimes, just taking a deep breath can put things into perspective. Studies have shown that deep breathing helps with stress as they increase blood flow, and release toxins. We are usually under stress when we experience too many emotions at the same time. Be it of any kind. When you take a few deep breaths, you take time to clear your head and stop the emotions trying to break into your mind. You feel settled, and then, after squaring your shoulders, you will be able to handle it, and do it courageously.

# 3

## *Visualize Calm, Think Happy!*

When you feel like the whole world is crashing down your head, thinking happy emotions can be of great help! Usually when we are stress, we think nothing can go right. We are completely let down by everything, and feel quite hopeless! That is when thinking about happier times can help. They make you realize that this is just a low, like how that was a high, and it will give you hope that better times are yet to come, and this is just one storm to weather.

# 4

## *Prepare for Battle*

There might be situations when the reason for your stress is someone, and those are the times when you cannot let yourself down! Learn to say No, when you have to, and also, stand up for yourself when you have to. Stress has a way of making you undermine yourself. It can make you doubt yourself, and think of the many ways in which you can mess stuff up, but let nothing deter you. Your stress is a monster that needs to be taught a lesson, so get ready for battle and teach it one!

# 5

## *When in doubt, Make a list!*

To counter the chaos that is your mind right now, make a list! Not just any list, but a detailed list of what is going wrong right now, and what you can do about it. When you're done with the list, go about helping yourself with things that you actually can. When you start acknowledging your problems, and when you see yourself doing something about it, your stress will decrease before you even know it, and it will soon be replaced by new-found respect for yourself.

# 6

## *Remove Toxic*

Often, without even realizing it, we carry a lot of toxic in our lives. It could be certain habits, or certain people. When high stress levels become a constant part of your life, understand that it is time to say goodbye to a lot of those things. We always feel better when we are doing things, and so, when you start changing your lifestyle, and cutting down on contact with people what bring you down, you will start feeling better about yourself, and soon, you will find that the stress in your life has reduced drastically! Our minds and hearts are for happy memories, don't let anything or anyone take that away from you!

# 7

## *Get physical!*

By that, we mean, don't just sit there and sulk, get up and do some activity! Sometimes, even doing something as minute as shaking it off can help! All of us have our coping tendencies. They might include activities like taking a walk, drinking a cup of tea, munching a snack, indulging on that piece of butter cream frosted chocolate cake, or even switching on some music. So, do that. Head out to your favourite coffee shop, and entice yourself into getting into action mode after your break is over!

# 8

## Yoga for Stress!

Practicing yoga is not only an effective stress reliever, but also a way to ease symptoms of anxiety! By transferring focus and attention to the body and breath, yoga can help to temper anxiety while also releasing physical tension. While practising Yoga, remember to focus on your breath as you move through the poses. Closing your eyes may also help you relax and go within to achieve a more meditative state. Try holding standing pose for 30-60 seconds on each side.

So here are some of the poses that are known to counter Stress!

- Anjali Mudra (Salutation Seal)
- Sukhasana (Easy Pose)
- Marjaryasana (Cat Pose)
- Bitilasana (Cow Pose)
- Uttana Shishosana (Extended Puppy Pose)
- Paschimottanasana (Seated Forward Bend)
- Janu Sirsasana (Head-to-Knee Forward Bend)
- Salamba Sirsasana (Supported Headstand)
- Balasana (Child's Pose)
- Savasana (Corpse Pose)

While you can check these out on the internet, it is always wise to get yourself educated personally by a trained Yoga instructor.



## *Replace unhealthy Coping Techniques!*

While the adage 'to each his own' holds true in most occasions, that might not be the case here! We might have our own coping techniques, but let's maintain those that are good for us. For example, a lot of you might itch for a smoke, or depend on alcohol to bring down your stress. Well, that will help no one, because down the lane, you will have additional health related stress issues. So, let go of those habits that are harmful to you. You are better off without them!

# 10

## *Just Relax!*

As patronising as it may sound, just relaxing would be of help. When problems happen, or we find ourselves in a stressful situation, all we can do is fight back. We face the problem head on, and only then can we figure out a way to win. So, stressing out is an additional problem, not the problem! Relax a bit, and get ready for fight it out!

