

Stress Management

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STRESS is a fact of life. We are under stress from womb to tomb. Stress is an individual's physical, mental and emotional reaction to a condition that disturbs normal equilibrium. Stress is any condition that harms the body and breaks down or causes death of few or many cells. Nobody can escape stress. It is the effect of all the wear and tear caused by living.

Stress is good and needed for people to grow to their full *potential*. So when we talk of stress management we do not mean eliminating all stress from our life. But how to cope with our daily quota of stress. Someone coined a word "incompatibility" to describe people without much physical illness but find themselves unable to cope with life situation anymore and hence transfer their anxiety into physical symptoms.

When we say a person is under stress we notice certain signs and symptoms in the individual. For example:

Stomach upsets (gastro-intestinal upsets) such as indigestion, nausea, vomiting, diarrhoea, constipation, etc.

Tense look, staring eyes, fast or rigid movements, stiff neck, stiff muscles, shaking, sweating, etc.

Rational thinking is diminished—restlessness at all times and often sleeplessness.

Emotional outbreaks are frequent—over-excitement, crying or shouting for any small irritations.

Selfishness and self-centredness seems to be a common feature.

Spiritual values diminish gradually.

How the body reacts to stress depends on how the mind reacts to stress. How the mind reacts to stress depends on how it has learned to relax. So the relaxed mind is the key to health, and here comes the stress management.

Man is what his heart is, and whatever he says or does springs from the heart. There is a growing recognition that the deepest level of man's nature or *core* of his being is beautiful and there dwells the Supreme

Power. Man is made in the image of God. If we can get in touch with the "Inner Self" or "Still Point" daily we will have the energy to cope with situations which cause stress. So the management of stress can be spelt out as the following :

SET aside some time for meditation or dhyanas.

TACKLE the emotions properly. Appropriate expression of emotions lead to health.

RECOGNIZE the frequency and cause of stressful situations and its consequence and be prepared to handle them.

ESTABLISH proper interpersonal relationships.

SEEK moderation in all dimensions of life (a balanced living).

SMILE and this will relax our face and that of others too.

MAKE facilities for proper exercise, rest and relaxation.

ACCEPT ourselves as we are and others as they are with their strengths and limitations.

NURTURE the mind with divine doctrine.

ATTEMPT to modify stressful situations.

GET in touch with your feelings and rationalize your emotions and act accordingly.

ESTABLISH priorities of values.

MODEL your life on a "simple life style".

EVALUATE your life before going to bed everyday. Ask pardon from God and others if we have done anything wrong in word or deed or omitted to do something good.

NOURISH the body with a balanced diet—preferably vegetarian diet.

THANK GOD for our "LIFE". Live for others. This is the secret of happiness.

Reference

Romero Virginia, Relaxation is Key to Health, *The Holistic Health Hand Book*, Page 372-373 Berkeley, California.

Plan for TNAI Guest Rooms at Headquarters

We plan to removate our single room tenements at the TNAI Headquarters and convert these into guest rooms. The Executive Committee in its recent meeting considered the matter and decided to appeal to members in finding financial resources

for this purpose. It was also agreed that guest rooms could be named after the person who contributed a major portion of the expenses on renovation as a whole or for one room. The estimated expenditure at present is Rs. 50,000 (fifty thousand) for

the three rooms.

The members are requested to help us in collecting this amount.

Secretary, TNAI