

Introduction to Stress

- ◆ Jagi sarva sukhi asa kon ahe vichari mana tuchi shodhoni pahe....Ramdas.
- ◆ Every one carries/ faces stress.
- ◆ Nature of stress varies from person to person.
- ◆ It is born with your birth & continues till your death.

- ◆ Every happiness & luxury has element of inbuilt stress.
- ◆ Today this subject has acquired great importance.
- ◆ World has changed over the years.
- ◆ New inventions have resulted in saving of human energy and time.

- ◆ Now the question is whether the man and his sentiments have changed?
- ◆ The answer is NO.
- ◆ Man's basic nature is of happiness and every one makes all out efforts to seek happiness but the problem is that he does not know as to where he will get happiness.

- ◆ We never give much thought to what is happiness?
- ◆ Happiness is related to acquisition of luxury articles, which is obviously short lived.
- ◆ We will be happy if our mind rules the body & intelligence rules the mind.

- ◆ If it happens, then there will be equilibrium between our inner mind and body, which will lead to stable mind.
- ◆ We have no control over our birth but to a large extent we can decide how to live.
- ◆ We generally indulge in PAST or FUTURE. We hardly concentrate in PRESENT.

- ◆ This world is made up of Trigunas.
- ◆ It is natural to enjoy life up to limit but when we are dragged after our so-called enjoyment, and then our downfall begins.
- ◆ Ignorance, asakti and insecurity leads to FEAR which in turn lead to anxiety and stress.

- ◆ We must take necessary precautions but should not keep worrying unnecessarily.
- ◆ Anxiety follows fear like a shadow.
- ◆ Our failure to take decision between 2 positive alternatives or 2 negative

alternatives leads to mental conflict.

- ◆ Our sense of security depends on article, circumstances and individual.

- ◆ Feeling of insecurity follows sense of security.
- ◆ Our stability of confidence depends on stability of circumstances, company etc.
- ◆ We fail to understand and get correct perspective of individual, circumstances due to arrogance.

- ◆ We generally tend to create our own image and if others accept it, our ego is flattered or else our emotions are badly hurt resulting to anger.
- ◆ We do not change our image effectively with our movement in various segments of life.

- ◆ With this background of factors leading to stress, we start our discussion on stress management.

- ◆ **Spandane.**