

DEFEAT DEPRESSION THROUGH SKY YOGA

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ABSTRACT:

Stress is a fact of everyday life, we have all felt it. Sometimes it acts an optimistic force and sometimes as a pessimistic force. In modern life stress is a common problem. The pessimistic effects of stress affect individuals' health and performance. As an outcome, every individual has their own stress approach and they develop different kinds of strategies that one may manage stressful situations. Culture is a suitable aspects that influences this process. Although stress is presented in different aspect of daily life, educational experiences can also be perceived as stressful. Over and above stress could be strongly experienced at work, and to be teacher is considered one of the most stressful jobs. Stress management interventions arose in the 1960s with the growth of the community mental health and crisis intervention movements, dissatisfaction with medical model approaches to mental health and dissatisfaction with long-established psychiatry the progress of behavioural and intellectual-behavioural therapies the growing acceptance of emotional problems within the community and the surge of self-help approaches to psychological wellbeing.

KEY WORDS:

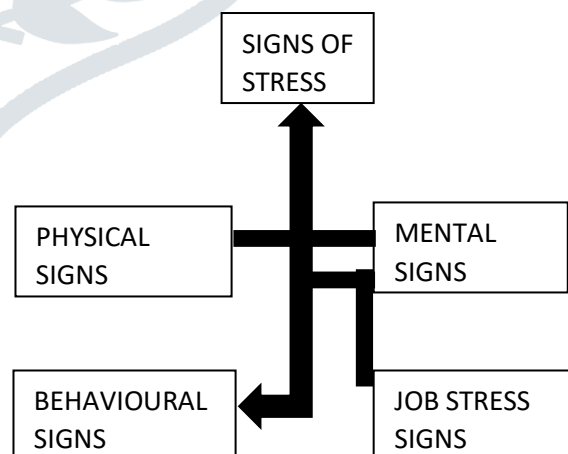
- Physiological
- Eustress
- Kayakalpa
- Meditation
- Wellbeing

SIGN OF STRESS

INTRODUCTION OF STRESS

Stress has a big impact on everyone's body, in the way that the world can see. One of the major problems of stress is weight gain many people find themselves to be "emotional eaters" who react to stress by reaching for something, often the wrong thing to eat. Stress can also create a loss of appetite, which can be a problem as well.

- Physiological response to situations
- Perceived as 'dangerous' to the body
- Simply deficiency in supply to meet demand
- Gift of GOD Fight or Flight response



PROBABLE SYMPTOMS

- Insomnia
- Loss of mental concentration
- Absenteeism
- Depression
- Extreme anger and frustration

- Family conflict
- Migraine, Headache and Back problems.

CAUSES OF STRESS

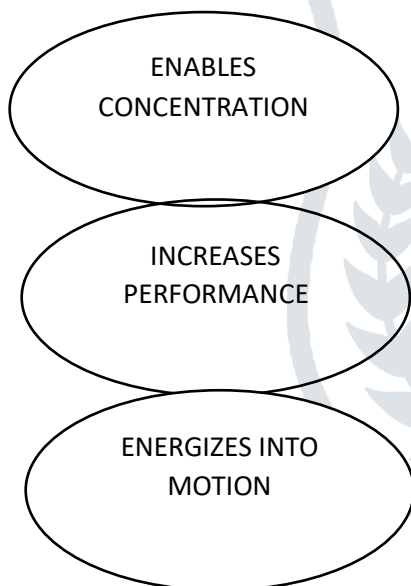
- Job Insecurity
- High performance demand
- Bad boss
- Workplace culture
- Personal or Family problems
- Technology

EUSTRESS VS DISTRESS

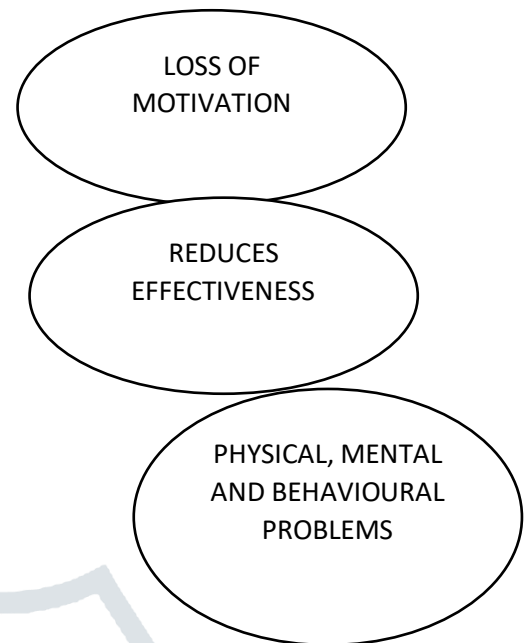
Eustress stress has the following characteristics

- Motivates, Focuses energy
- Perceives as within our coping abilities
- Feels exciting
- Improves performance

POSITIVE STRESS RESULTS



NEGATIVE STRESS RESULTS



REALITY ABOUT STRESS

- Life can be stressful from birth to death.
- Stress cannot be eliminated.
- It should be managed.
- Managed between rust out and burn out.
- It is universal to all. It affects health.
- Around 75% diseases - common cold to cancer.
- 25% of the prescriptions are for stress relief drugs.
- Drugs used - cause the worst of the side effects.
- If stress is not treated, there could be physical, psychological, mental and behavioral consequences

DISTRESS

Distress stress has the following characteristic

- Causes anxiety
- Perceives as outside of our coping abilities
- Feels unpleasant
- Decreases performance
- Leads to mental and physical problems

STRESSORS CATEGORIES

- **Frustrations** - Obstacles that prevent needs. (External & Internal)
- **Conflicts** - Stressors involving two options
- **Pressures**- Expectations or demands of others
- **Life changes**- Childhood, Youth, Adult, Old, Family, Friends, Relatives, Social

OCCUPATIONAL STRESS

Work factor	Responsibility
Physical factor	Promotion
Interpersonal relationship	Pay parity
Multiple supervisor	Autonomy
Role conflict	Communication
Excess work	Leadership
Conflicting job demands	Organization culture
Meaningless job	Office politics
	Harassment

STRESS REDUCTION METHOD

- **THERAPY**
- **INTROSPECTION**
- **SKY YOGA**
- **MEDITATION**
- **KAYAKALPA**
- **NATURE**
- **LAUGHING YOGA**
- **MUSIC**

CHANGE THE LIFESTYLE

- DIET
- STOP SMOKING & ALCOHOL
- SKY YOGA
- MEDITATION
- KAYALAPA EXERCISE
- RELAXATION
- SLEEP

DIET

- Healthy eating habit.

SMOKING AND ALCOHOL

- Stop taking it.

BENEFITS OF SKY YOGA

- Improves blood circulation
- Lowers blood pressure
- Clears the mind of worrying thoughts
- Improves self-image
- Makes you feel better about yourself.

MEDITATION

- Using Mindfulness meditation
- Trying body scan meditation
- Shanthi meditation
- Agna meditation
- Thuriya meditation
- Thuriyatheetha meditation

BENEFITS OF RELAXATION

- Lowers blood pressure
- Combats fatigue
- Promotes sleep
- Reduces pain
- Eases muscle tension

KAYAKALPA

- Expands the normal lifespan
- Boosts the immune
- Helps to correct unhealthy habit

SLEEP

- Good Stress reducer
- Plenty of daytime energy

ABC STRATEGY

- **A- AWARENESS**
- **B- BALANCE**
- **C- CONTROL**

CONCLUSION

Stress is a normal part of life and there inevitable. But, every effort should be done to reduce it. Reducing our stress levels cannot only make us feel better right now, but may also protect our health long-term. The world Health Organization has highlighted stress as one of the major health challenges of the twenty first century. City living is quickly developing as a major contributor to this. Being understanding ourselves and our opinion towards the stress provoking situations, we can learn to handle stress more effectively. Reducing your stress levels cannot only make you feel better right now, but may also protect our

health long-term. The World Health Organization has highlighted stress as one of the major health challenges of the twenty first century.

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