

STRESS AND LIFESTYLE MANAGEMENT

“Training in ‘Stress Management’ is no more an option , it is a necessity.”

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MBBS (GOLD MEDALIST)

PG DIPLOMA IN YOGA THERAPY

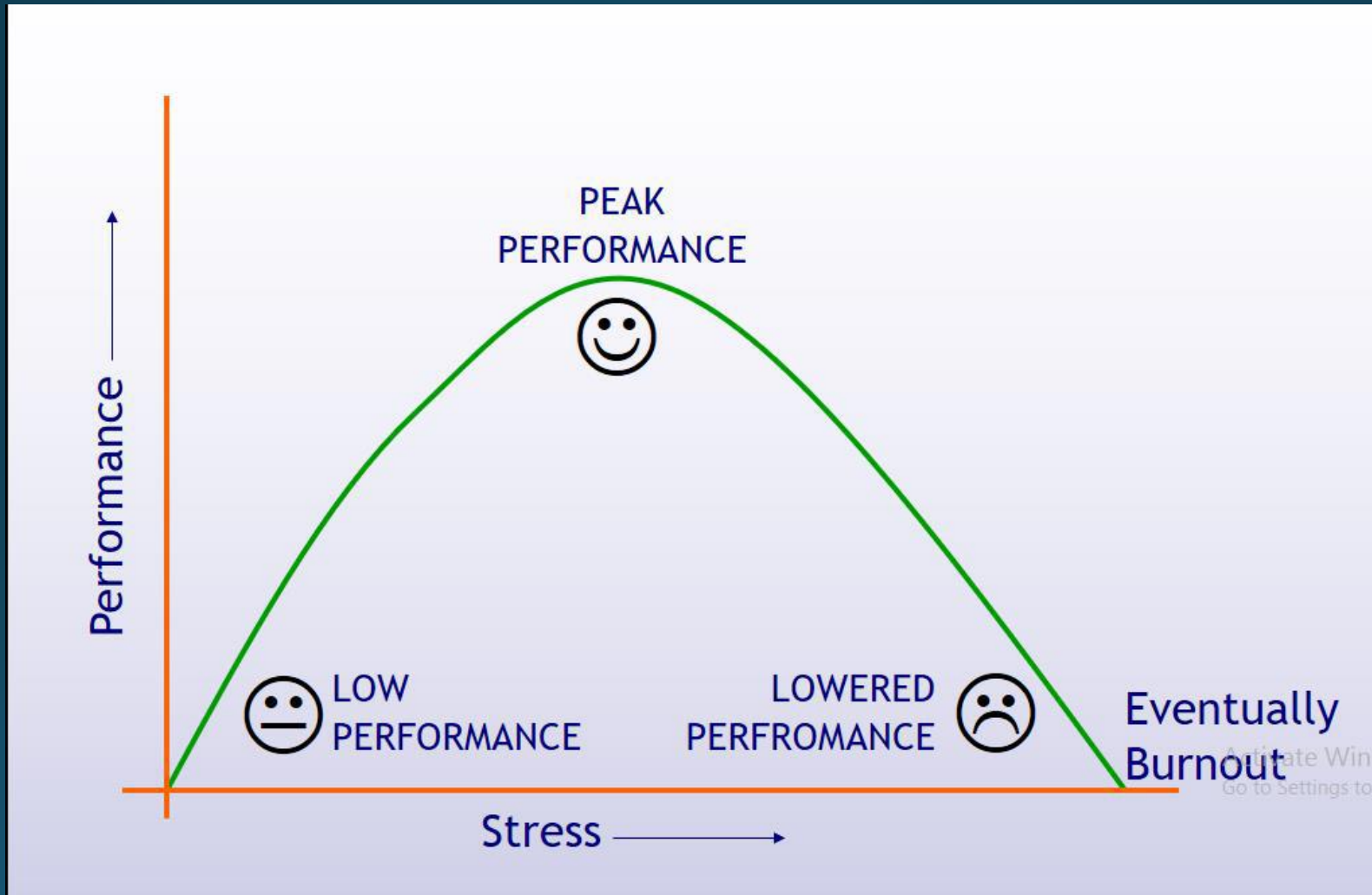
FOR DOCTORS

YOGA CERTIFICATE COURSE

(SVYASA Bangalore)

• IS STRESS A NECESSITY ??

PERFORMANCE STRESS CURVE



THIS PRESENTATION INTENDS TO...

- Describe what Stress means...
- Answer how Stress affects the person
- Explain what are Stressors...
- Inform what these Stress results to...
- What are Present day Stress disorders...
- Show usual Stress Busters and Prescribed solutions...
- Provide relaxation techniques...

UNDERSTANDING STRESS

Stress = Pressures we feel in daily life...

Physiologically stress is response of body and mind to a threat or a demanding situation. Prepares the body for physical activity such as fight or flight

- Types of Stress:

- ACUTE

- CHRONIC

- 1) Eustress

- 2) Distress

CAVEMAN'S STRESS



PHYSIOLOGY OF STRESS

- Primitive man encountering Cobra or Lion
- Pupils dilate, lids open widely.
- Muscles toned up, contract in coordinated way.
- Energy supplied by increasing blood glucose .
- More Oxygen supplied by increased breathing.
- Heat dissipated through perspiration
- Heart rate increases, B.P. increases.
- Digestion ceases
- Blood clotting mechanisms are activated.

MODERN STRESS



Life in the fast lane comes with an ugly side effect: **STRESS**

– that robs us of Peace, Joy, Health and Happiness.

CHANGED LIFE STYLE

The Modern man & mental stress.

...Unfortunately the body still reacts in the same manner

- Heart rate Increases
- Blood Pressure Increases
- Respiratory Rate Increases
- Blood Sugar Increases
- Muscle Tone Increases

Continuous stress lead to – Hyper Tension, Diabetes Mellitus, Ischemic Heart Disease, Acid Peptic Disorder, Irritable Bowel Syndrome, Allergies, Rheumatoid arthritis.

EFFECTS OF STRESS

Stress - Decreases Efficiency

Decreases Productivity

Increases Absenteeism

Relationship issues

Increases incidence of Life Style diseases

Increased Medical Bills

Lack of energy

Anxiety

STRESSORS

OFFICE FRONT

- **Deadlines**
- **Pressure to Perform.**
- **Hectic work Schedules**
- **Working late nights**
- **Frequent overseas travel.**

HOME FRONT

- Family conflicts and tensions with spouse/parents/children
- Family demands
- Family responsibilities & Financial Pressures

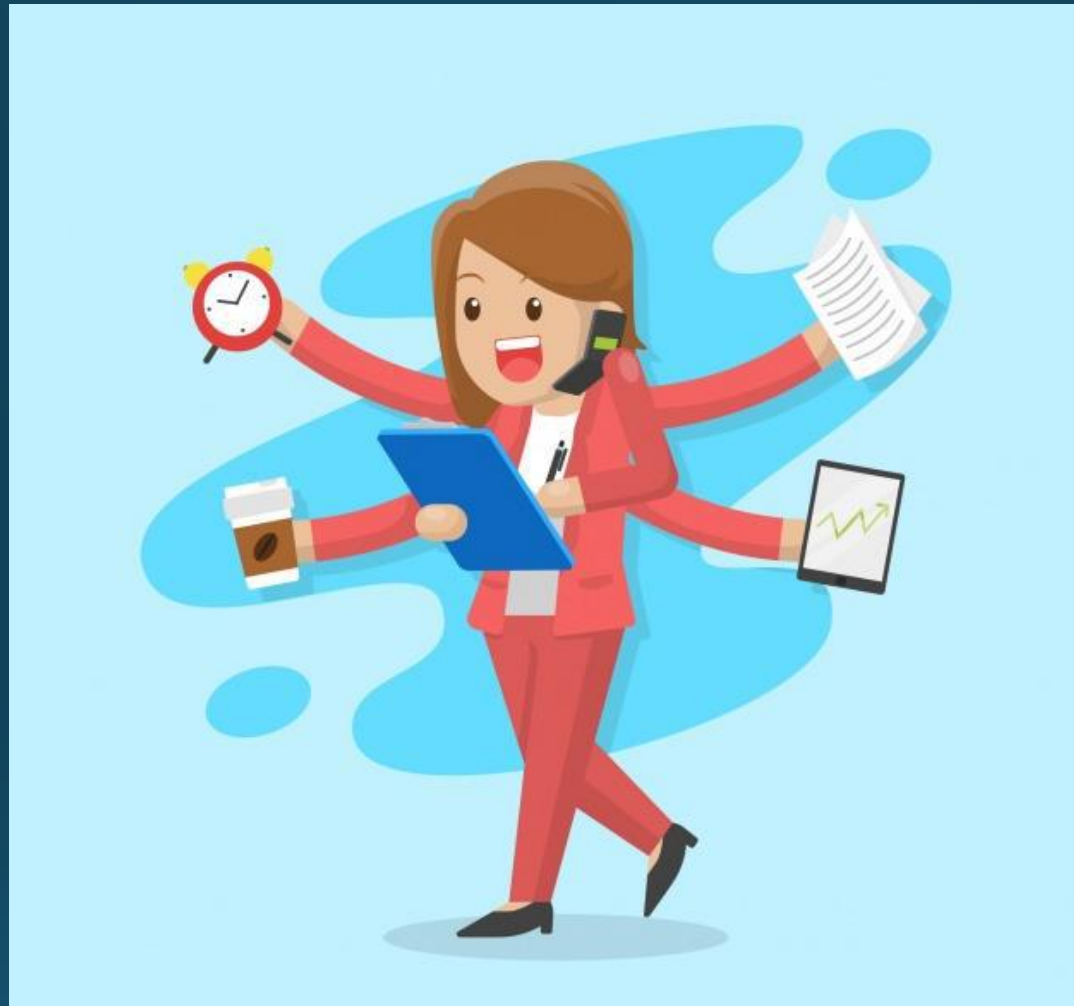
PERSONAL

- Prolonged illness
- Losing dear ones
- Screens
- Loneliness
- Faulty dietary habits
- Change in environment

STRESS MANAGEMENT

You need to know what the stressors in your life are – you have to identify the enemy !!

- Once identified
- Avoid the stressors
- If not possible learn to cope up with them
- And The Most Important,
- **BETTER LIFE STYLE MANAGEMENT**



**Stress is inevitable...
Suffering is optional.**

Symptoms/Warning Signals

FEMALES

- Depression
- Migraine
- Eating disorders
- Anxiety
- Menstrual issues

MALES

- Insomnia
- Teeth grinding
- Indigestion
- Backaches and stiff necks
- Excessive smoking and drinking
- Hypertension

USUAL SOLUTIONS

- Tea or coffee
- Smoking
- Alcoholism
- Anti depressant
- Drugs

STRESS BUSTERS

TOOLS TO MANAGE STRESS

- Sleep
- Laughter
- Massage
- Exercise
- Music
- Pets
- Reach out to your family and friends
- Give support to others
- Stress inoculation
- **Yoga and Meditation**



YOGIC CONCEPT OF STRESS

- अविद्या अस्मिता राग द्वेष अभिनिवेशः क्लेशः

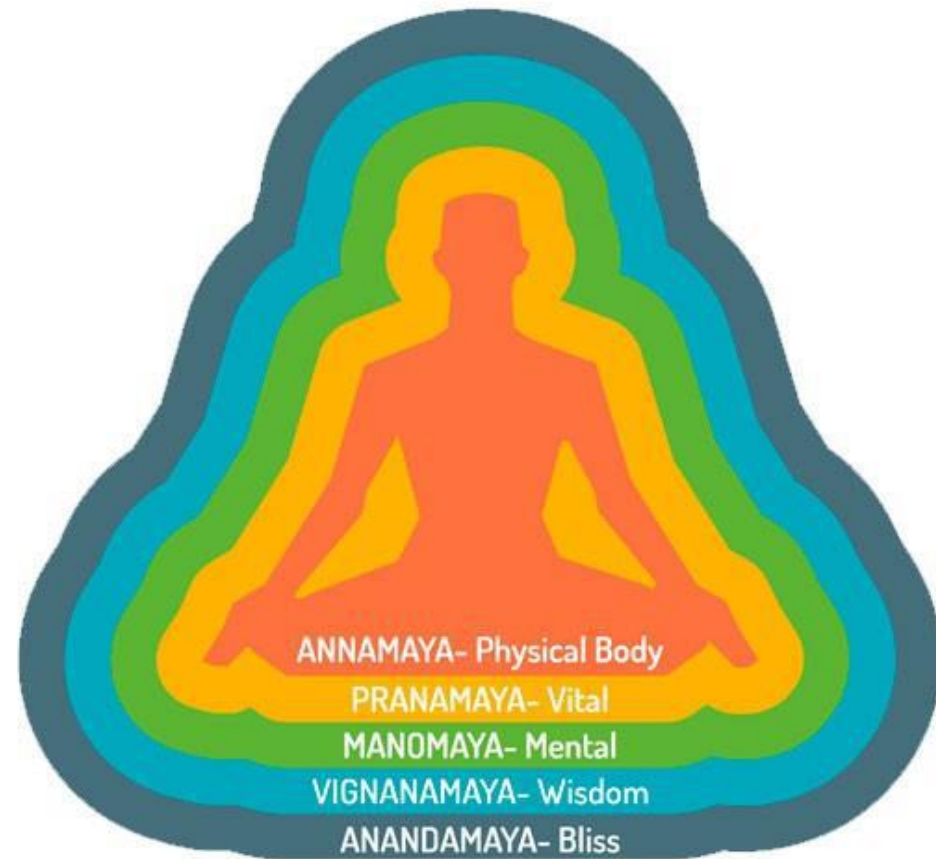
- समाधिभावनार्थं क्लेशतनूकरणार्थश्च (PYS)

Stress is speed

Silence is Happiness

- शीतोष्ण सुखदुःखेषु समः (BHAGVAD GITA)

PANCHA KOSHA CONCEPT



YOGA

PHYSICALLY

- **Relaxes the body and Tones up all organs and systems**
- **Effective tool for prevention of diseases and cures existing diseases.**

MENTALLY

- **Increases will power**
- **Calms down the mind**
- **Controls the mind to act or not to act.**

EMOTIONALLY

- **Endorphins (Happy hormones)**
- **Sense of well being.**
- **Become more positive and have balanced attitude.**
- **Decreases aggressiveness, anger, frustration.**

IN A NUTSHELL...

- **Yoga and meditation**

- Improves relationship with yourself and others
- Significantly reduces stress levels and improves health
- Improves sleep and helps you wake up rested and calm
- Helps overcome negative thoughts
- Helps discover true happiness
- Helps stop letting the past control your future
- Discovers meaning, purpose in your life

HOLISTIC LIFESTYLE FOR STRESS MANAGEMENT

- Early to bed & early to rise
Makes a man, healthy, wealthy & wise.
- No screens in the morning hours.
- 25 – 30 min. of exercise
- Exposure to sunlight
- Healthy **breakfast**
- Stretch yourself every hour
- **Executive lunch**
- **Napnesium welcomes you(practice QRT,DRT)**

HOLISTIC LIFESTYLE FOR STRESS MANAGEMENT

- Light snacks in the evening
- Some sport activity in the evening
- Sandhyavandan (Evening Puja)
- Light and **early dinner**
- **No screens after 8:00 pm.**
- Lights off at 10:00 pm.

RELAXATION TECHNIQUES

Can be practiced any where , any time...

Simple practices , Very effective

1. INSTANT RELAXATION TECHNIQUE (IRT)

Time taken is 45 to 60 Sec.

2. QUICK RELAXATION TECHNIQUE (QRT)

Time taken is 4 to 5 min.

3. DEEP RELAXATION TECHNIQUE (DRT)

Time taken is 15 to 20 min.

4. STRESS RELEASE TECHNIQUE (SRT)

Time taken is 40 to 45 min

QUICK FIXES

- Chandranuloma Pranayama (Left Nostril breathing)

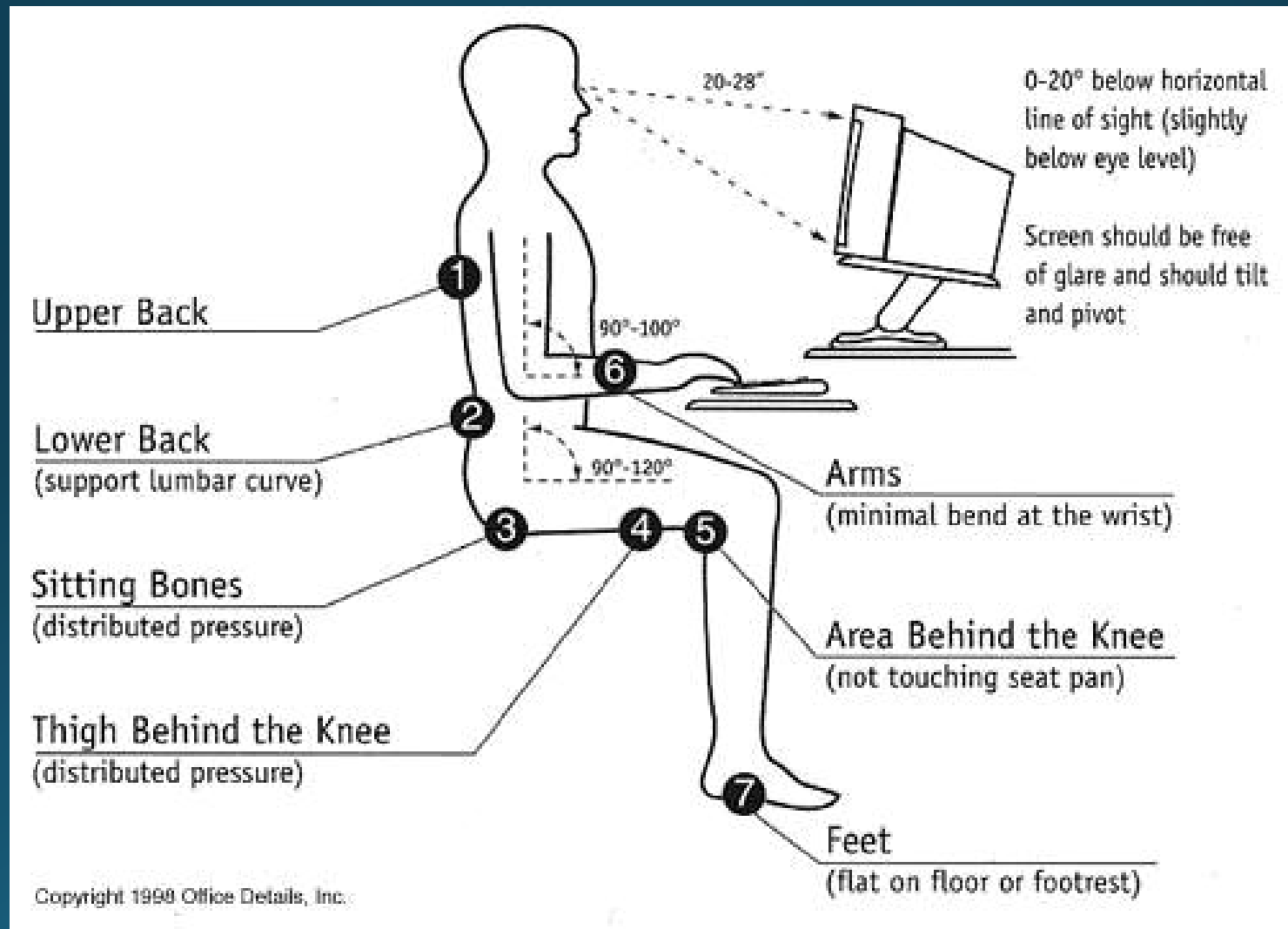


- Suryanuloma Pranayama (Right nostril breathing)

- Instant relaxation techniques (IRT)
- Quick relaxation techniques (QRT)
- Office stretches



ERGONOMICS FOR THE COMPUTER WORKSTATION



“Luxury is defined as
the amount of Lethargy
one can afford ”

STAY ACTIVE
KEEP MOVING

SITTING IS THE
NEW
SMOKING



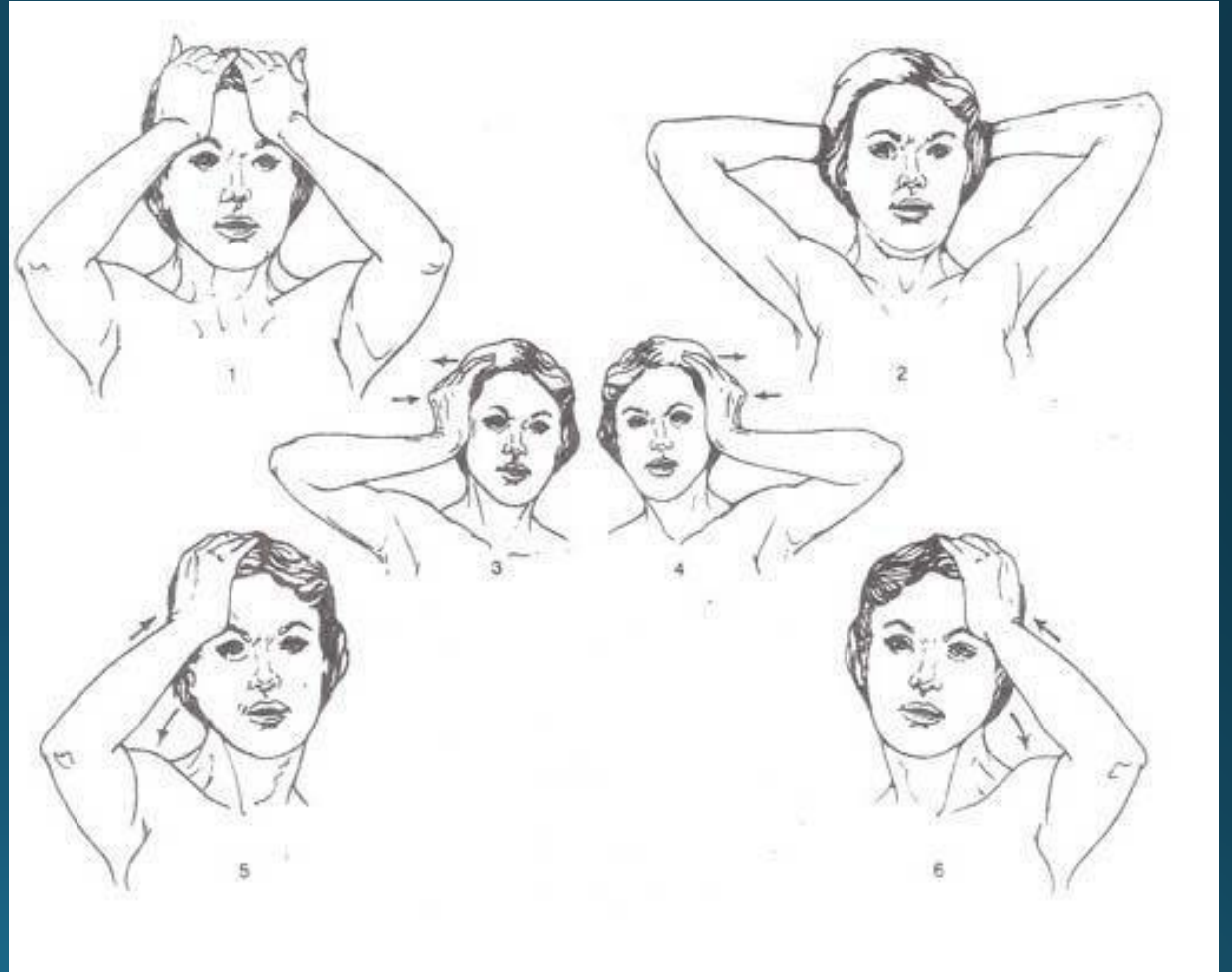
OFFICE STRETCHES

During Work- DO Stretching exercises every one hour

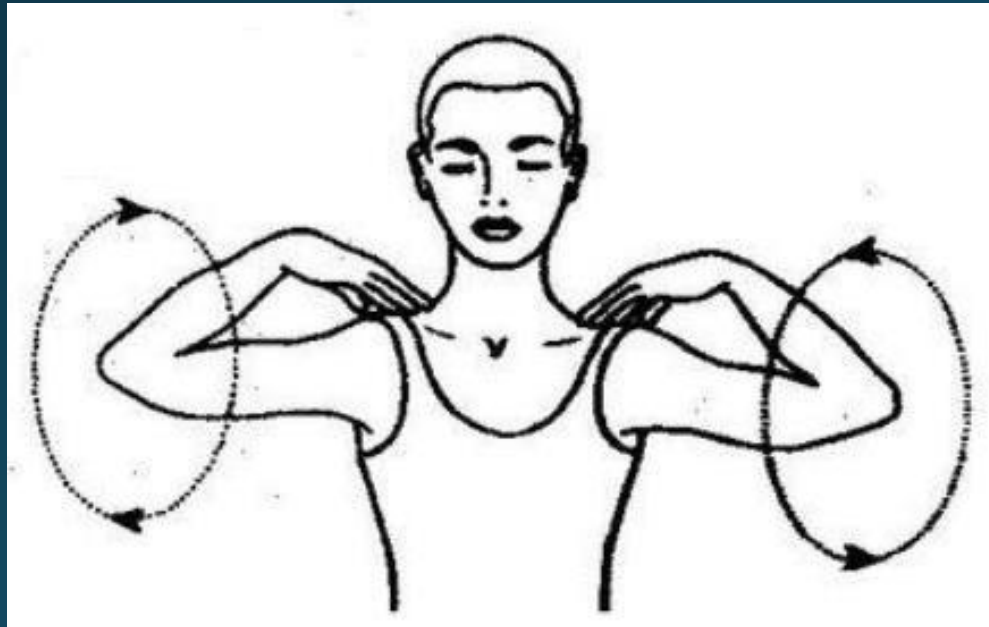
- 1) 20-20-20 Blinking and Palming of eyes**
- 2) Isometric neck exercises**
- 3) Shoulder shrugs**
- 4) Forward stretches**
- 5) Spinal twists**
- 6) Stretching your lower back**
- 7) Stretching your legs and ankles**
- 8) Rest to wrist joints**
- 9) USE stairs**
- 10) RELAX yourself - IRT, Abdominal breathing.**



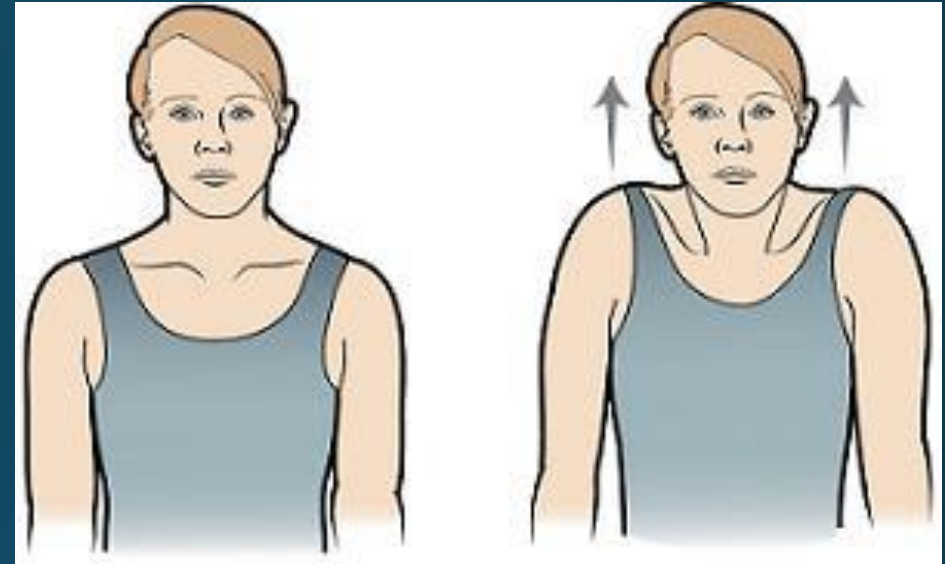
Palming of eyes



Isometric neck exercises



Shoulder rotation



Shoulder shrugs

Results of Stress Management

- Feel happy, calm, joyful, energetic
- You become healthy(No insomnia, mood swings, heart burn, head-ache, dependency to smoking, alcohol and drugs.)
- You excel in your field be it sports, medicine, engineering, art.
- You learn to navigate through the inner chaos of your mind.
- You find meaning and purpose in your life.

END NOTE

HEALTH IS WEALTH

**Invest Time and Money on Health
and
Start Enjoying Your Work**

- FOR FURTHER DETAILS ON

1. STRESS AND LIFESTYLE MANAGEMENT **WORKSHOPS**
2. **YOGA CLASSES** FOR PREVENTION OF DISEASES.
3. **YOGA THERAPY SESSIONS** FOR DIFFERENT AILMENTS SUCH AS HYPERTENSION, DIABETES, HEART DISEASE, DEPRESSION , AXIEXTY AND MANY MORE.

PLEASE CONTACT

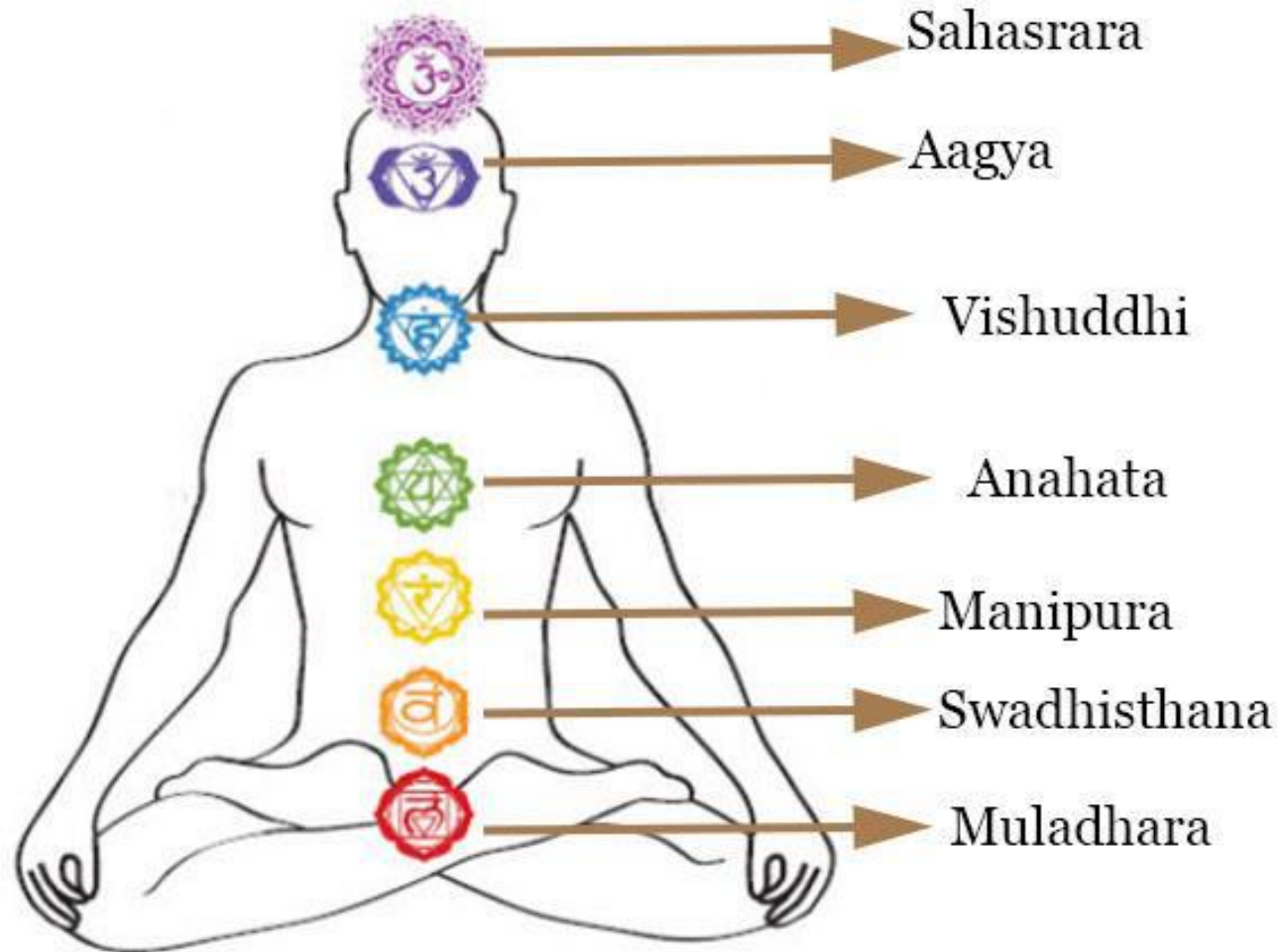
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7 Chakras in Human Body



The WORK SHOP will be of 12 hrs. duration and will include following topics...

- 1st Day: Registration of participants
Recording of parameters
- 2nd Day: Breathing exercises
IRT
Concept of Yoga
- 3rd Day: Breathing exercises, IRT
Loosening exercises, QRT
Theory of Ashtanga Yoga
- 4th Day: Surya Namaskar
Lecture on Asanas
Standing Asanas, DRT
- 5th Day: Surya Namaskar
Standing Asanas
Sitting Asanas, DRT
Panch kosha concept

- 6th Day: Sukshma vyayama
Prone postures
Supine postures, DRT
- 7th Day: Theory of Kriyas
Stress Release technique (SRT)
- 8th Day: Introduction of Pranayama
Concept of Meditation
- 9th Day: SRT
Happiness analysis
- 10th Day: Pranayama
Meditation
- 11th Day: SRT
Concept of Diet
- 12th Day: Review of the above practices