

WANT TO LIVE YOUR LIFE NOW. DO NOT MANAGE STRESS. UNDERSTAND IT!

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It is like when you understand how a Knot is tied, you also learn how to Untie the knot.*



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When you understand the cause of your stress, Immediately you also have an answer how to get rid of it.

Most of the stress is induced and imaginary and reflects our inability to deal with people, events, and our mind set of NON ACCEPTANCE. It is also caused by "expectations"; "EXPECTATIONS" that are not fulfilled.

Every time you are stressed, just sit down and reflect as to what is the source of this so called stress. And you will find that small voice inside you that is fighting against, or unwilling to accept, or having unfulfilled Expectations. Whether it is a person, place, event, happening or whatever is causing you the Stress- just watch it. In this watching your stress will dissolve.

There are many simple techniques to overcome the Stress that comes your way. Yoga, Meditation and Exercise are the most common ways to counter stress and are highly recommended. In addition we could focus on a few simple ways that we can practice in our daily life:

TIPS TO OVERCOME STRESS

1. **SLEEP:** An adult requires eight hours of sleep whereas a teenager requires around nine hours of sleep. Often, when we don't get enough sleep, we tend to be irritable, depressed and anxious. In a few cases we do not get enough sleep due to Sleeping Disorders. Common among them are insomnia, snoring and breathing difficulties, Sleep Apnea etc. A jet lag or working in night shifts can also cause sleep disturbances.
2. One can ensure a good sleep by changing our daily diet:
 - a. Don't eat or drink anything rich in

caffeine after 2 pm. This includes tea, coffee, aerated drinks, cocoa and chocolate. Because caffeine can stay in our system for eight hours or longer, you should cut down your intake to the first part of the day to ensure a peaceful sleep.

- b. Eat a low fat, low carbohydrate dinner. Fresh fruits and vegetables is a good source. Eat foods rich in low fat protein such as fish, chicken, beans and tofu. Avoid high fat, overly processed food in the evenings.
- c. Eat a light dinner. Late, large dinners upset your digestive system.



- d. Eat foods rich in tryptophan. It is a substance which encourages the body to produce a chemical called Serotonin that helps you to sleep. Serotonin also helps to regulate your moods, helping you feel good. Foods rich in tryptophan include milk, yogurt, peanut butter, rice, dates and figs.
- e. Do not drink alcohol in the evening. A lot of people have it thinking it will help them sleep. Alcohol actually disturbs sleep patterns, disturbing your sleep.

2. **DRINKING WATER:** Often, one of the most useful things to do when stressed is to drink water. Human body is about 66% water. Often, we are dehydrated and don't know about it.

One of the main reasons why we are dehydrated is because we drink a lot of caffeinated products. Caffeine actually works as a diuretic which flushes water out of the system.

For people who don't like drinking normal water, one good option is going in for mineral water. Drinking water offers many benefits, one of the main being a strong defence against stress. If one is dehydrated, water present in the body cannot be used for stress management because it is trying to make up for the lack of water. One should drink 1-1.5 litres in a day.

3. **IMAGERY POWER:** This technique ensures you go on a vacation sitting in your home or your workplace. It depends on your ability to imagine...when feeling stressed, imagine yourself where you enjoy being most. It can be a beach of your choice, a snow cap mountain peak or jumping from a plane with your parachute. Or it can be anywhere where you feel relaxed.

4. **GRATITUDE:** Be Grateful to the Lord (your choice of God). Start your prayer with a thank you for all his Divine Blessings. Thank him for giving you one more day to live (for he had a choice and he chose to give you one).

Ask Yourself How do I want my day today?
Do I want to be happy, singing, dancing and enjoying?

or do I want to be sad, upset, cribbing and stressful?

And then answer yourself that you have decided to be happy and cheerful today and make the most of this extra day the lord has given you.

Repeat this every morning as soon as you get up.

Just watch and you will find that the Divine Blessings are showering all the time. It is we who have chosen to put around us an Umbrella of Complaints and expectations that the showers of blessings are falling all around us, keeping us dry and devoid of the blessings of happiness. Throw away this Umbrella of Wants and Expectations and just watch as you get drenched in the showers of divine blessings. Stress then, will seem like a far away and ugly dream.