

YOGA & STRESS MANAGEMENT

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Yoga for Stress Relief

Dating back over 5000 years, yoga is considered by many to be the oldest defined practice of self-development. The methods of classical yoga include ethical disciplines, physical postures, breathing control and meditation. Traditionally an Eastern practice, it's now becoming popular in the West. In fact, many companies, especially in Britain, are seeing the benefit of yoga, recognizing that relaxed workers are healthier and more creative, and are sponsoring yoga fitness programs.

Many studies have found that a little yoga in the morning, at night, or even on a lunch break, can minimize stress and increase productivity. It is believed that yoga is so effective for stress relief because, aside from the physical benefits that yoga brings, it encourages a good mood, an increase in mindfulness, and a healthy dose of self-compassion.

Overview of Yoga

Many of the popular techniques found to reduce stress derive from yoga:

- Controlled breathing
- Meditation
- Physical movement
- Mental imagery
- Stretching

Yoga, which derives its name from the word, “yoke”—to bring together—does just that, bringing together the mind, body and spirit. But whether you use yoga for spiritual transformation or for stress management and physical well-being, the benefits are numerous.

Yoga’s Effects On the Body

The following is only a partial list of yoga’s benefits:

- reduced stress
- sound sleep
- reduced cortisol levels
- improvement of many medical conditions
- allergy and asthma symptom relief
- lower blood pressure
- smoking cessation help
- lower heart rate
- spiritual growth
- sense of well-being
- reduced anxiety and muscle tension
- increased strength and flexibility
- slowed aging process

Yoga’s benefits are so numerous, it gives a high payoff for the amount of effort involved.

What’s Involved With Yoga?

The practice of yoga involves stretching the body and forming different poses, while keeping breathing slow and controlled. The body becomes relaxed and energized at the same time. There are various styles of yoga, some moving through the poses more quickly, almost like an aerobic workout, and other styles relaxing deeply into each pose. Some have a more spiritual angle, while others are used purely as a form of exercise.

What Are The Benefits Of Yoga?

Virtually everyone can see physical benefits from yoga, and its practice can also give psychological benefits, such as stress reduction and a sense of well-being, and spiritual benefits, such as a feeling of connectedness with God or Spirit, or a feeling of transcendence. Certain poses can be done just about anywhere and a yoga program can go for hours or minutes, depending on one’s schedule.

There are several mechanisms in yoga that have an effect on stress levels, meaning there are multiple ways that yoga can minimize your stress levels.

Studies show that the most effective ways in which yoga targets stress are by lifting your mood (or positive affect), by allowing for increased mindfulness, and by increasing self-compassion. By simultaneously getting us into better moods, enabling us to be more focused on the present moment, and by encouraging us to give ourselves a break, yoga is a very effective stress reliever.

What Are the Drawbacks of Yoga?

Yoga does require some commitment of time and is more difficult for people with certain physical limitations. Some people feel self-conscious doing some of the poses. Also, yoga classes can be expensive although it is possible, albeit perhaps more challenging, to learn from a book or video.

How Does It Compare To Other Stress Reduction Methods?

As yoga combines several techniques used for stress reduction, it can be said to provide the combined benefits of breathing exercises, stretching exercises, fitness programs, meditation practice, and guided imagery, in one technique. However, for those with great physical limitations, simple breathing exercises, meditation or guided imagery might be a preferable option and provide similar benefits. Yoga also requires more effort and commitment than taking pills or herbs for stress reduction.

How To Get Started

Yoga classes can be wonderful for beginners--you will be surrounded by others of all levels of expertise and ability, and you will have someone talking you through the process and helping you to learn the correct forms. Aside from taking a class, there are several useful apps that can help you with yoga, and this site contains many useful videos and articles to help you learn everything you need to know to make the practice of yoga a regular part of your life.

Yoga for Stress management!

Breathing technique help relax and learn the various types of Pranayama!

Can be done either lying down or sitting posture to ensure rhythmic, breathing in and out! AUM chanting is soothing. ! Practice joint relaxing exercises and instant whole body relaxation techniques with deep breathing. A) Shavasan B) Makarasan C) Bhujangasan D) Shalabhasan E) Suptavajrasan F) Vakrasan G) Pranayama H) Meditation are use full Stress is the "wear and tear" our bodies experience as we adjust to our continually changing environment. It has physical and emotional effects on us and can create positive or negative feelings. As a positive influence, stress can compel us to action. As a negative influence, it can result in feelings of disruption, rejection, anger, and depression which in turn can lead to health problems such as headache, upset stomach, rashes, insomnia, ulcers, high blood pressure, heart disease, and stroke

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