

## **THE STRESS BOMB**

Stress has become the biggest single issue of modern life today. The existence of modern man is challenged not as much by the atomic bomb as the "Stress Bomb". Man has become a victim of continuous stress and strain which have created many disorders like hypertension, heart disease, cancer, indigestion, backaches, spondylosis, nervousness, sleeplessness, and so on.

At the workplace negative stress has adversely affected employee efficiency and effectiveness resulting in lower productivity and higher health care costs.

Perhaps the greatest gift one can give oneself is to learn how to manage stress effectively so that one can be happy and fulfilled personally and more productive and satisfied on the job.

**Remember, stress is a fact of life - it does not have to be a way of life.**

## **THE EFFECTS OF STRESS**

You may think that stress is an inevitable factor of life today. But it is advisable not to ignore it.

Left unchecked stress may prevent you or your team members from reaching personal and professional goals.

- Stress can reduce productivity.
  
- Stress affects health.
  
- Stress drains energy.
  
- Stress can strain relationships.

## **RESOLVING STRESS**

There are three major approaches that we can use to resolve stress:

- **Action-oriented:** In which we seek to confront the problem causing the stress, often changing the environment or the situation.
  
- **Perception oriented:** In which we do not have the power to change the situation, but we can manage stress by changing our perception and interpretation of the situation and the way we feel about it.
  
- **Acceptance-oriented:** By accepting the situation and circumstances over which we have no power or control.

## **DISSOLVING STRESS**

Stress can be dissolved through Yoga. How does yoga benefit you?

Yoga is among the oldest systems of health practiced in the world today and research into yoga practices has shown conclusively that it has a tremendous impact on the fields of stress management, physical, mental and emotional well-being and overall health and vitality.

- **Relaxes you physically** - Yoga helps to disperse physical tension, to improve circulation and to keep the whole body poised and relaxed.
- **Enhances mental fitness** - Yoga helps you to sustain cool, calm and clear thought. It helps to improve concentration and perception, develop creativity and support problem solving and decision making.
- **Increases your vitality** - Yoga boosts your body's energy by supporting digestion and stimulating your nerves and muscles.
- **Improves your breathing** - Yoga helps you develop deep and healthy breathing. Proper breathing can add years to your life and life to your years.
- **Improves your confidence** - A strong, supple and healthy body helps you to look good and feel good. It changes the way you relate to yourself and the way others relate to you.
- **Facilitates an attitudinal change** - Yoga helps you to know and understand your attitude better. It brings about an inner transformation and bring clarity and insight into our lives.
- **Improves your health** - Yoga prevents and cures various disorders like hypertension, headaches, muscle spasms, indigestion, spondylosis, nervousness, sleeplessness, fatigue, feelings of hostility, rapid breathing, feelings of anxiety, heart disease, etc.

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Nikhil Desai is an international speaker, motivator and trainer. He is passionate about enabling people to excel in their personal and professional lives.

A powerful presenter with an energetic speaking style, Nikhil inspires and motivates his participants to produce lasting change. More than a quarter million people have benefited from his presentations in 43 cities of the world.

Nikhil has specialized in the areas of Stress Management, Time Management, Work Life Balance, Motivation & Achieving Excellence. His **Stress Management** sessions are great fun, very popular and highly effective in reducing stress.

“Excellent. The best session at the world conference of IFTDO (International Training and Development Organization).”

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