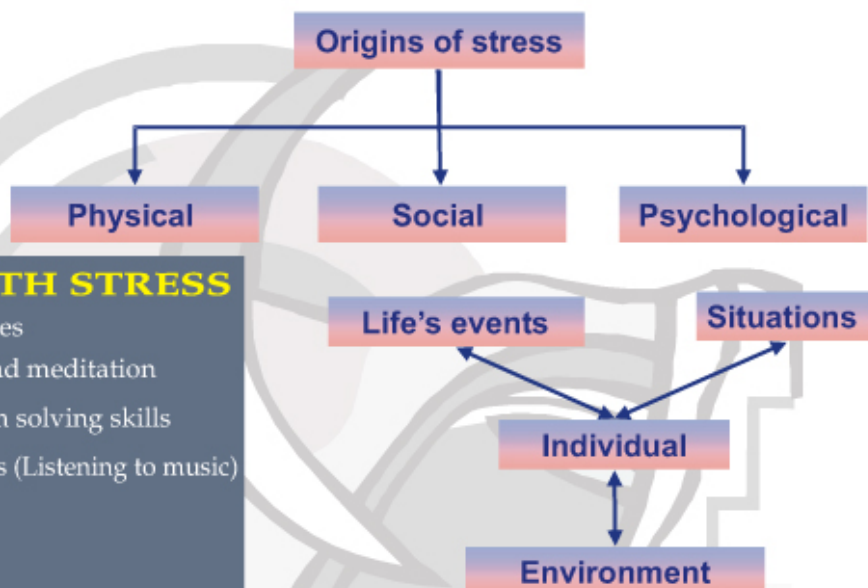


Stress Management ...



Healthy Habits , Healthy Life , Healthy India

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.



COPING WITH STRESS

- Relaxation Exercises
- Practicing Yoga and meditation
- Acquiring problem solving skills
- Developing hobbies (Listening to music)
- Positive thinking
- Social support
- Physical activity



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 | E) Suptavajrasan |
| B) Makarasan | F) Vakrasan |
| C) Bhujangasan | G) Pranayama |
| D) Shalabhasan | H) Meditation are use full |