

## “Ramdev’s self management tips to IIM-A students”

Ahmedabad: The students and faculty of premier B-school, the Indian Institute of Management, Ahmedabad, on Thursday got lessons in self management from yoga guru Baba Ramdev.

He was invited to deliver lecture on stress management by the Ahmedabad Management Association (AMA) and IIM-A. He spoke on ‘Indian Wisdom for Health and Happiness’.

“Stress is the cause of all diseases and in today’s environment it’s essential to learn the art of self management to keep oneself healthy,” the popular guru said. If self management of a person is good then he can easily manage big enterprises, organisation and even the country, he added.

He told the gathering, “a schedule of six hours of sleep, one hour for personal care, one hour of pranayam and breathing exercises, two hours for family, could provide strength to work for 16 hours without any tiredness.”

Ramdev, whose yoga camps are organised all over the country, said, “talent had gone silent in the country and it was time to activate it by practicing yoga.”

## Understanding and Dealing With Stress

### **What Is Stress?**

Stress is your body's way of responding to any kind of demand. It can be caused by both good and bad experiences. When people feel stressed by something going on around them, their bodies react by releasing chemicals into the blood. These chemicals give people more energy and strength, which can be a good thing if their stress is caused by physical danger. But this can also be a bad thing if their stress is in response to something emotional and there is no outlet for this extra energy and strength. This class will discuss different causes of stress, how stress affects you, the difference between 'good' or 'positive' stress and 'bad' or 'negative' stress, and some common facts about how stress affects people today.

### **What Causes Stress?**

Many different things can cause stress -- from physical (such as fear of something dangerous) to emotional (such as worry over your family or job.) Identifying what may be causing your stress is often the first step in learning how to better deal with your stress. Some of the most common sources of stress are:

**Survival Stress** - You may have heard the phrase "fight or flight" before. This is a common response to danger in all people and animals. When you are afraid that someone or something may physically hurt you, your body naturally responds with a burst of energy so that you will be better able to survive the dangerous situation (fight) or escape it all together (flight). This is survival stress.

**Internal Stress** - Have you ever caught yourself worrying about things you can do nothing about or worrying for no reason at all? This is internal stress and it is one of the most important kinds of stress to understand and manage. Internal stress is when people make themselves stressed. This often happens when we worry about things we can't control or put ourselves in situations we know will cause us stress. Some people become addicted to the kind of hurried, tense, lifestyle that results from being under stress. They even look for stressful situations and feel stress about things that aren't stressful.

**Environmental Stress** - This is a response to things around you that cause stress, such as noise, crowding, and pressure from work or family. Identifying these environmental stresses and learning to avoid them or deal with them will help lower your stress level.

**Fatigue and Overwork** - This kind of stress builds up over a long time and can take a hard toll on your body. It can be caused by working too much or too hard at your job(s), school, or home. It can also be caused by not knowing how to manage your time well or how to take time out for rest and relaxation. This can be one of the hardest kinds of stress to avoid because many people feel this is out of their control. Later in this course we will show you that you DO have options and offers some useful tips for dealing with fatigue.

## How Does Stress Affect You?

Stress can affect both your body and your mind. People under large amounts of stress can become tired, sick, and unable to concentrate or think clearly. Sometimes, they even suffer mental breakdowns.

*Next: Good Stress Versus Bad Stress Good Stress Versus Bad Stress*

So if stress can be so bad for you, how can there be "good" or "positive" stress?

If you are suffering from extreme stress or long-term stress, your body will eventually wear itself down. But sometimes, small amounts of stress can actually be good.

Understanding your stress level is important. If nothing in your life causes you any stress or excitement, you may become bored or may not be living up to your potential. If everything in your life, or large portions of your life, cause you stress, you may experience health or mental problems that will make your behavior worse.

Recognizing when you are stressed and managing your stress can greatly improve your life. Some short-term stress -- for example what you feel before an important job presentation, test, interview, or sporting event -- may give you the extra energy you need

to perform at your best. But long-term stress--for example constant worry over your job, school, or family--may actually drain your energy and your ability to perform well.

## You Are Not Alone: Common Facts About Stress

- Millions of Americans suffer from stress each year.
- In fact, 3 out of 4 people say they experience stress at least twice a month.
- Over half of those people say they suffer from 'high' levels of stress at least twice a month.
- Stress can contribute to heart disease, high blood pressure, and strokes, and make you more likely to catch less serious illnesses like colds. It can also contribute to alcoholism, obesity, drug addiction, cigarette use, depression, and other harmful behaviors.
- In the last 20 years, the number of people reporting that stress affects their work has gone up more than four times. (Whereas the number of people reporting that other illnesses affect their work have gone down.)
- One fourth of all the drugs prescribed in the United States go to the treatment of stress.

**FACT:** There are simple steps you can take right now to help reduce your stress! Baba Ramdev, who has lately become very famous for his yoga teachings, is likely to teach students about how to control their anxiety in the atmosphere of tough competition when the world is witnessing a major meltdown.

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## Anxiety disorder

Anxiety disorder is a blanket term covering several different forms of abnormal, pathological anxieties, fears, and phobias.

## Diagnosis

Anxiety disorders are often debilitating chronic conditions, which can be present from an early age or begin suddenly after a triggering event. They are prone to flare up at times of high stress.

A good assessment is essential for the initial diagnosis of an anxiety disorder, preferably using a standardized interview or questionnaire procedure alongside expert evaluation and the views of the affected person. There should be a medical examination in order to identify possible medical conditions that can cause the symptoms of anxiety. A family history of anxiety disorders is often suggestive of the possibility of an anxiety disorder.

Anxiety can be accompanied by headache, sweating, muscle spasms, palpitations, and hypertension.

It is important to note that a patient with an anxiety disorder will often exhibit symptoms of Clinical Depression and vice-versa. Rarely does a patient exhibit symptoms of only one or the other.

## Generalized anxiety disorder

Generalized anxiety disorder is a common chronic disorder that affects twice as many women as men and can lead to considerable impairment (Brawman-Mintzer & Lydiard, 1996, 1997). As the name implies, generalized anxiety disorder is characterized by long-lasting anxiety that is not focused on any particular object or situation. In other words it is unspecific or free-floating. People with this disorder feel afraid but are unable to articulate the specific fear. They fret constantly and have a hard time controlling their worries. Because of persistent muscle tension and autonomic fear reactions, they may develop headaches, heart palpitations, dizziness, insomnia and chest pain. These physical symptoms, combined with the intense, long-term anxiety, make it difficult to cope with normal daily activities.

## Panic disorder

In panic disorder, a person suffers from brief attacks of intense terror and apprehension that cause trembling and shaking, confusion, dizziness, nausea, difficulty breathing, and feelings of impending doom or a situation that would be embarrassing. One who is often plagued by sudden bouts of intense anxiety might be said to be afflicted by this disorder. The American Psychiatric Association (2000) defines a panic attack as fear or discomfort that arises abruptly and peaks in 10 minutes or less, and can last for several hours.

Although panic attacks sometimes seem to occur out of nowhere, they generally happen after frightening experiences, prolonged stress, or even exercise. Many people who have panic attacks (especially their first one) think they are having a heart attack and often end up at the doctor or emergency room. Even if the tests all come back normal the person will still worry, with the physical manifestations of anxiety only reinforcing their fear that something is wrong with their body. Heightened awareness (hypervigilance) of any change in the normal function of the human body will be noticed and interpreted as a possible life threatening illness (i.e. extreme hypochondriasis) by an individual with panic attacks.

Normal changes in heart beat, such as when climbing a flight of stairs will be noticed by a panic sufferer and lead them to think something is wrong with their heart or they are about to have another panic attack. Some begin to worry excessively and even quit jobs or refuse to leave home to avoid future attacks. Panic disorder can be diagnosed when several apparently spontaneous attacks lead to a persistent concern about future attacks.

## Agoraphobia

A common complication of panic disorder is agoraphobia, anxiety about being in a place or situation where escape is difficult or embarrassing (Craske, 2000; Gorman, 2000). It seems that the definition of the word has expanded to refer to avoidance behaviors that sufferers often develop. If a sufferer of panic attacks seems to have them while driving, for example, then he or she may avoid driving, which relieves the anxiety, and subsequently makes future driving more difficult, a result of behavioral reinforcement. Another common scenario involves the afflicted, in a restaurant or other compacted social setting, needing to be seated or otherwise in view of a door or other escape route in order for the situation to be tolerable enough to sit through it.

## Phobias

This category involves a strong, irrational fear and avoidance of an object or situation. The person knows the fear is irrational, yet the anxiety remains. Phobic disorders differ from generalized anxiety disorders and panic disorders because there is a specific stimulus or situation that elicits a strong fear response. A person suffering from a phobia of spiders might feel so frightened by a spider that he or she would try to jump out of a speeding car to get away from one.

People with phobias have especially powerful imaginations, so they vividly anticipate terrifying consequences from encountering feared objects such as knives, bridges, blood, enclosed places, certain animals or situations. These individuals generally recognize that their fears are excessive and unreasonable but are generally unable to control their anxiety.