

STRESS BUSTERS

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***DO WHAT YOU LIKE
AND
LIKE WHAT YOU DO!***

HERE ARE A FEW TIME TESTED STRATEGIES TO DEAL WITH
STRESS:-

- **NUTRITIOUS DIET :**

A nutritious, balanced diet coupled with healthy eating habits increases the body's resistance to stress and reduces the chances of falling ill. Fruits, green vegetables, sprouts, milk, eggs, rice, wheat are essential ingredients of a balanced diet. Reduce intake of fried, fatty and sugary foods that only add empty calories. Alcohol, cigarettes, tea, coffee and colas should be avoided or kept to a minimum.

- **SLEEP :**

Adequate sleep is vital for health. It rejuvenates our body and mind, helping us to think clearly and work efficiently. It is nature's own way of relaxation. It is important to maintain good sleep habits — regular sleep timing, comfortable sleeping conditions, light meals and avoiding caffeinated drinks and alcohol before sleep, not indulging in stimulating mental activities at bedtime and adequate physical activity during the day.

- **EXERCISE :**

Exercise of any kind is indispensable to good health, and if done consistently can provide a safe outlet for our day to day stresses and frustrations. It relaxes the muscles, floods the brain with oxygen, renews energy, regulates sleep and appetite, makes you more alert, and releases natural pain killers in the body and chemicals in the brain that improves your mood and concentration. Aerobic exercises such as brisk walking, jogging, biking or swimming done at least 3-5 times a week or games and sports like tennis, golf, badminton etc. for younger persons is highly effective.

- **HOBBIES/RECREATION :**

Music, films, theater, concerts, television, spectator sports, adventure sports, or amusement parks can all be regularly spaced out into your lives to provide the much needed diversion from stresses of daily living. They may mentally block out stressors, providing a refreshing and safe outlet that enables the body and mind to regain balance and negate the ill effects of stress response. Though lasting only for a short period, they provide a shot in the arm for flagging spirits.

- **CREATIVE PURSUITS :**

Writing, dancing, painting, sketching, singing or playing instruments or dramatics can be an intensely uplifting experience for stressed out minds and bodies. They also allow for emotional catharsis that clears the mind of

tensions and conflicts. You don't have to impress anybody with your performance, just do it to please yourself.

TIME MANAGEMENT:

- Make a list of time wasters (people, telephone calls, repetitive work) and eliminate them.
- Plan & Organize your timetable well in advance.
- Prioritize the tasks at hand.
- Complete one task at a time.
- Plan in terms of time, rather than tasks.
- Group similar tasks.
- Inter-space dull jobs with interesting ones and tiring jobs with easier ones.
- Allow space/gap between projects to recover physically and mentally.
- Do important tasks when you are feeling fresh and energetic.
- Allow time for family and social commitments.
- Have sometime just for yourself each day.

- **VACATIONS :**

Holidaying and taking vacations — time off from work and the daily grind to the mountains, sea, resorts, and spiritual retreats or sometimes just at home are extremely relaxing. They provide the deeply felt need for change of environment and rest in pleasant and congenial surroundings, often in the presence of family and friends. They restore sleep and appetite, and recharge your batteries to go back and face stresses better.

- **MASSAGE :**

Massage reintroduces to you the power of touch healing — to soothe, calm and transmit positive energies. It releases tension from aching muscles, stimulates blood flow, eases stress and makes you feel well physically and mentally. You could do it yourself or have a massage at the many gyms or parlors available in most cities.

- **HUMOR :**

A chuckle can keep the doctor at bay! Humor and laughter can keep you in good spirits and physically healthy. Many of our anxieties are caused by our self inflicted fears, our negative emotions, and thus a major source of internal stress. Humor which is an anti thesis to negative thinking and emotions can promote positive frame of mind that in turn boosts our immune system to cope with stress. So laugh away your blues and your tensions. Keep cheerful company, read funny books/jokes, watch comedy films and laugh heartily!

STRESS FREE LIVING — A LIFE STYLE

Besides these, chatting up with friends, talking it over with a caring concerned individual, going out and socializing on regular basis, reaching out to help people are other ways of dealing positively with stress in your lives. These strategies need to be a part of our daily life style rather than fire fighting operations. It needs a little planning and regularity but can give you that extra edge in life while keeping you physically and mentally healthy.