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Stress Management and Yoga

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Abstract

Yoga a mind-body practice is considered one of many types of complementary and integrative health approaches. Yoga brings together physical and mental disciplines that may help you achieve peacefulness of body and mind. This can help you relax and manage stress and anxiety. Yoga has many styles, forms and intensities. Hatha yoga, in particular, may be a good choice for stress management. Hatha is one of the most common styles of yoga, and beginners may like its slower pace and easier movements. Yoga poses are good exercise and can help loosen up the tense muscles in your body. The areas of the body that tend to carry the most stress are the neck, shoulders, and back. But other parts of the body (like the face, jaw, fingers, or wrists) also can benefit from simple yoga stretches. Yoga is so much more than just physical exercise, though. The key to getting the best out of each pose is to focus not only on your body, but also on your mind and breathing. But most people can benefit from any style of yoga it's all about your personal preferences. The core components of hatha yoga and most general yoga classes are: **Poses.** Yoga poses, also called postures, are a series of movements designed to increase strength and flexibility. Poses range from lying on the floor while completely relaxed to difficult postures that may have you stretching your physical limits. **Breathing.** Controlling your breathing is an important part of yoga. Yoga teaches that controlling your breathing can help you control your body and quiet your mind. **Meditation or relaxation.** In yoga, you may incorporate meditation or relaxation. Meditation may help you learn to be more mindful and aware of the present moment without judgment.

Stress Management and Yoga

Yoga a mind-body practice is considered one of many types of complementary and integrative health approaches. Yoga brings together physical and mental disciplines that may help you achieve peacefulness of body and mind. This can help you relax and manage stress and anxiety. Yoga has many styles, forms and intensities. Hatha yoga, in particular, may be a good choice for stress management. Hatha is one of the most common styles of yoga, and beginners may like its slower pace and easier movements. Yoga poses are good exercise and can help loosen up the tense muscles in your body. The areas of the body that tend to carry the most stress are the neck, shoulders, and back. But other parts of the body (like the face, jaw, fingers, or wrists) also can benefit from simple yoga stretches.

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- **Meditation or relaxation.** In yoga, you may incorporate meditation or relaxation. Meditation may help you learn to be more mindful and aware of the present moment without judgment.

The health benefits of yoga

The potential health benefits of yoga include:

- **Stress reduction.** A number of studies have shown that yoga may help reduce stress and anxiety. It can also enhance your mood and overall sense of well-being.
- **Improved fitness.** Practicing yoga may lead to improved balance, flexibility, range of motion and strength.
- **Management of chronic conditions.** Yoga can help reduce risk factors for chronic diseases, such as heart disease and high blood pressure. Yoga might also help alleviate chronic conditions, such as depression, pain, anxiety and insomnia.

Why Yoga for Stress Relief?

- Life can be stressful. For starters, there's your busy schedule waking up super early for school, studying late at night for tests, juggling sports practice, homework, and meals. It's a lot to balance!
- Everyday issues can add emotional stress, too counseling a friend through a breakup, regretting a disagreement with a parent, weighing an important decision, or stressing over whether you'll make final cuts for the varsity team. With lots on your mind, it's easy to feel stressed.
- There are many different ways to cope with stress. Talking with friends, exercising, and seeing a school counselor is just a few. Yoga can help reduce stress because it promotes relaxation, which is the natural opposite of stress. Yoga can benefit three aspects of ourselves that are often affected by stress: our body, mind, and breathing.

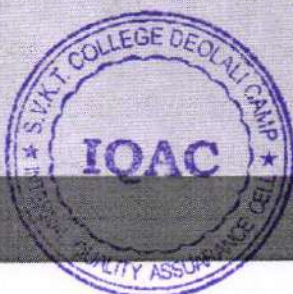
Yoga is a practice, not a competition. Start where you are and proceed with caution. To avoid injury, listen to your body and don't push further than feels good.

- **Anjali Mudra (Salutation Seal)**
- **Sukhasana (Easy Pose)**
- **Marjaryasana (Cat Pose)**
- **Bitilasana (Cow Pose)**
- **UttanaShishosana (Extended Puppy Pose)**
- **Paschimottanasana (Seated Forward Bend)**
- **JanuSirsasana (Head-to-Knee Forward Bend)**
- **SalambaSirsasana (Supported Headstand)**
- **Balasana (Child's Pose)**
- **Savasana (Corpse Pose)**

Relaxation Techniques for Stress Relief

Bring your nervous system back into balance

When stress overwhelms your nervous system your body is flooded with chemicals that prepare you for "fight or flight." While the stress response can be lifesaving in emergency situations where you need to act quickly, it wears your body down when constantly activated by the stresses of everyday life. No one can avoid all stress, but you can counteract it by learning how to produce the relaxation response, a state of deep rest that is the polar opposite of the stress response. The relaxation response puts the brakes on stress and brings your body and mind back into a state of equilibrium.



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When the relaxation response is activated:

- Your heart rate decreases
- Breathing becomes slower and deeper
- Blood pressure drops or stabilizes
- Your muscles relax
- Your body begins to heal

Breathing meditation

Cleansing breaths, deep breathing is a simple yet powerful relaxation technique. It's easy to learn, can be practiced almost anywhere, and provides a quick way to get your stress levels in check. Deep breathing is the cornerstone of many other relaxation practices, too, and can be combined with other relaxing elements such as aromatherapy and music. All you really need is a few minutes and a place to stretch out.

Rhythmic movement

Rhythmic exercise or physical activity that engages both your arms and legs such as running, walking, swimming, dancing, rowing, or climbing is most effective at relieving stress when performed mindfully. As with meditation, mindfulness requires being fully engaged in the present moment, focusing your mind on how your body feels right now. As you move, instead of continuing to focus on your thoughts, focus on the sensations in your limbs and how your breathing complements your movement. If your mind wanders to other thoughts, gently return to focusing on your breathing and movement.

Body scan meditation

A body scan is similar to progressive muscle relaxation except instead of tensing and relaxing muscles you simply focus on the sensations in each part of your body.

Practicing body scan meditation

- Lie on your back, legs uncrossed, arms relaxed at your sides, eyes open or closed. Focus on your breathing, allowing your stomach to rise as you inhale and fall as you exhale. Breathe deeply for about two minutes, until you start to feel comfortable and relaxed.
- Turn your focus to the toes of your right foot. Notice any sensations you feel while continuing to also focus on your breathing. Imagine each deep breath flowing to your toes. Remain focused on this area for one to two minutes.

Mindful meditation

Mindfulness is the ability to remain aware of how you're feeling right now, your "moment-to-moment" experience both internal and external. Thinking about the past blaming and judging yourself or worrying about the future can generate stress. But by staying calm and focused in the present moment, you can bring your nervous system back into balance. Mindfulness can be applied to activities such as walking, exercising, eating, or meditation. Meditations have long been used to reduce stress, anxiety, depression, and other negative emotions.

Visualization meditation

Visualization, or guided imagery, is a variation on traditional meditation that requires you to employ not only your visual sense, but also your sense of taste, touch, smell, and hearing. When used as a relaxation technique, visualization involves imagining a scene in which you feel at peace, free to let go of all tension and anxiety.

Yoga and tai chi

Yoga involves a series of both moving and stationary poses, combined with deep breathing. As well as reducing anxiety and stress, yoga can also improve flexibility, strength,



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balance, and stamina. Practiced regularly, it can also strengthen the relaxation response in your daily life.

Massage therapy

A professional massage at a spa or health club can help reduce stress, relieve pain, and ease muscle tension. What you may not be aware of is that you can experience many of the same benefits at home or work by practicing self-massage or trading massages with a loved one. Try taking a few minutes to massage yourself at your desk between tasks, on the couch at the end of a hectic day, or in bed to help you unwind before sleep. To enhance relaxation, you can use aromatic oil, scented lotion, or combine self-message with mindfulness or deep breathing techniques

A five-minute self-massage

A combination of strokes works well to relieve muscle tension. Try gentle chops with the edge of your hands or tapping with fingers or cupped palms. Put fingertip pressure on muscle knots. Knead across muscles, and try long, light, gliding strokes. You can apply these strokes to any part of the body that falls easily within your reach. For a short session like this, try focusing on your neck and head:

- Start by kneading the muscles at the back of your neck and shoulders. Make a loose fist and drum swiftly up and down the sides and back of your neck. Next, use your thumbs to work tiny circles around the base of your skull. Slowly massage the rest of your scalp with your fingertips. Then tap your fingers against your scalp, moving from the front to the back and then over the sides.
- Massage your face. Make a series of tiny circles with your thumbs or fingertips. Pay particular attention to your temples, forehead, and jaw muscles. Use your middle fingers to massage the bridge of your nose and work outward over your eyebrows to your temples.

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Certificate of Merit

This is to certify that Dr./Mr./Mrs. Vopar Dashrath Gadhar. of
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Participated/Presented Paper/Chairman/Resource Person in the International Conference on "Contemporary Movements in Sports Tourism, Management, Research, Sports and Yogic Sciences" organized on 19th & 20th January, 2018.

He/She has presented a Paper titled Access Management and Yoga.

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Dr. Yatin V. Rane
Director of Physical Education and Sports & Organizing Secretary



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