

Peer Reviewed Referred and
UGC Listed Journal
Journal No. 40776j

ISSN 2277 - 5730
AN INTERNATIONAL
MULTIDISCIPLINARY
QUARTERLY RESEARCH
JOURNAL

AJANTA

Volume - 02, Issue - 02,
October - December - 2020
English Part - II/
Marathi Part - I/
Hindi Part - I

Impact Factor / Indexing
2020 - 6.999
www.ajanta.com

Ajanta Prakashan

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11. Stress Management during Pandemic

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Abstract

The present COVID situation has brought a great deal of hardship upon all of us. It has not only paralysed the economics of almost all the nations but has also created a sense of fear, worry, anxiety and stress in individuals. Even though these innate human feelings are normal and has helped us survive different situations, COVID has only worked as a catalyst in bringing forth these feelings more than ever. It has not only restricted our physical movements but has also adversely affected our behavioural pattern. In times like this it becomes extremely important to have a positive mind-set and engage in some productive activity. One such activity is Yoga which may help a person to remain stable and consistent. The present article suggests some ancient and modern techniques, with simple illustrations, which can be adopted to get rid of stress and anxiety.

Keywords: Yoga, COVID, Stress Management.

Understanding Stress

What is stress? In the simplest language, it can be described as a lack of mental and physical well-being caused by unpleasant situations or stimuli, not under our control. The mind reacts with jealousy, envy, hatred, anger, anxiety, sadness, depression, fear and panic. The mind and body are closely interlinked, and these emotions also adversely affect our physical health. If we cannot manage or prevent these emotions, we start experiencing great physical and mental stress. Unless relieved, such tension may eventually produce serious illnesses, even heart attacks or strokes.

Many consider stress a malady typical of our modern, highly competitive world. They forget that stress existed in prehistoric times as well. The amount of physical and mental stress our cave dwelling ancestors experienced in a single day probably wouldn't be experienced by us even in a year. Yet even today the nervous system of a human body under stress reacts much the same way as it did in the case of our primitive ancestors. Our worry about money or fears of losing our jobs can be just as potent as our primitive ancestors' fears at the sight of prehistoric tigers. Stress can be caused by pleasant situations, as well. For example, having a newborn baby,