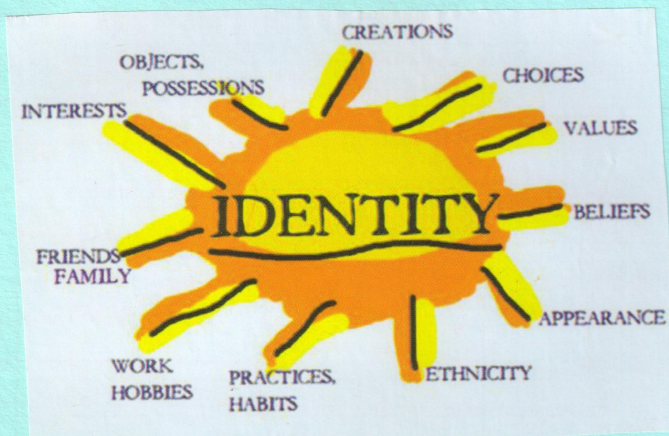


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MEANING OF SELF :

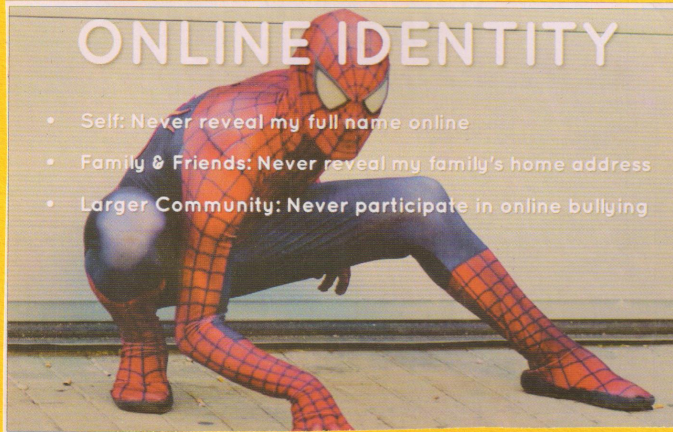
The self is the subject of one's own experience of phenomena: perception, emotions, thoughts. The phenomenology, it is concerned as what experiences and there isn't any experiencing without an experience, the self. The self is therefore an immediate given, an intrinsic dimension of the fact of experiencing phenomena. In some other trends of Philosophy, the self is instead seen as requiring a reflexive perception of oneself, the individual person, meaning the self in such a view is an object of consciousness. The self has been studied extensively by philosophers and Psychologists and is central to many world religions. With the recent rise in technology, the self has been discussed under various new emerging fields, such as Technoself studies.

MEANING OF SELF - ESTEEM :

In sociology and psychology, self-esteem reflects a person's overall subjective emotional evaluation of his or her own worth. It is a judgement of oneself as well as an attitude toward the self. Self-esteem encompasses beliefs (for example, "I am competent," "I am worthy") and emotions such

ONLINE IDENTITY

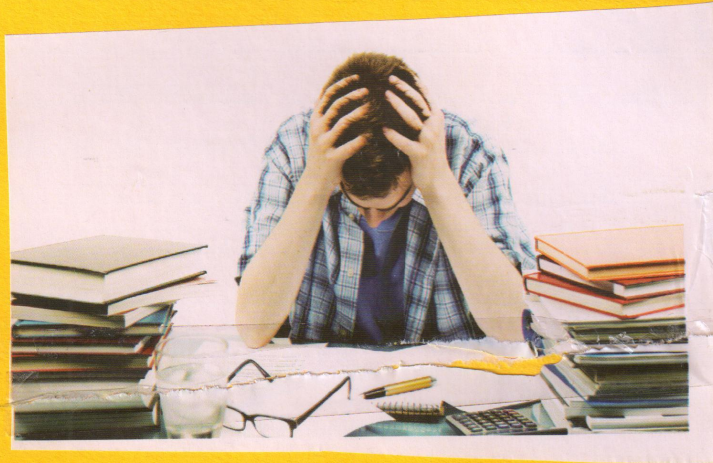
- Self: Never reveal my full name online
- Family & Friends: Never reveal my family's home address
- Larger Community: Never participate in online bullying



Pride and Shame. Smith Mackie (2007) defined it by saying "The self-concept is what we think about the self; self-esteem is the positive or negative evaluations of the self, as in how we feel about it." Self-esteem is attractive as a social psychological construct because researchers have conceptualized it as an influential predictor of certain outcomes, such as academic achievement, happiness, satisfaction in marriage and relationships and criminal behaviour.

Self-esteem can apply specifically to a particular dimension (for example, "I believe I am a good writer and feel happy about that") or a global extent (for example, "I believe I am a bad person and feel bad about myself in general"). Psychologists usually regard self-esteem as an enduring personality characteristic ("trait" self-esteem) though normal short-term variations ("state" self-esteem) also exist. Synonyms or near-synonyms of self-esteem include: self-worth, self-regard, self-integrity.

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DEFINITION OF STRESS

Hans Selye was one of the founding fathers of stress research. His view in 1950 was that "stress is not necessarily something bad - it all depends on how you take it. The stress of exhilarating, creative, successful work is beneficial, while that of failure, humiliation or infection is determined."

Selye believed that the biochemical effects of stress would be experienced irrespective of whether the situation was positive or negative.

Since then, a great deal of further research has been conducted, and ideas have moved on. Stress is now viewed as a "bad thing", with a range of harmful biochemical and long-term effects. These effects have rarely been observed in positive situations.

The most commonly accepted definition of stress (mainly attributed to Richard S. Lazarus) is that stress is a condition of feeling experienced when a person perceives that "demand exceed the personal and social resources the individual is able to mobilize. In short, it's what we feel when we think we've lost control of events."

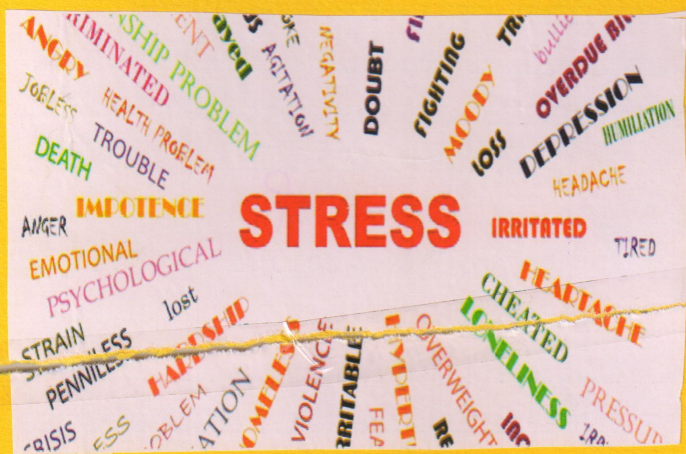
This is the main definition used by this section of mind. Tools, although we also recognize that

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there is an intertwined instinctive stress response to unexpected event. The stress response inside us is therefore part instinct and part to do with the way we think.

Stress is the way human beings react both physically and mentally to changes, events and situations in their lives. People experience stress in different ways and for different reasons. The reaction is based on your perception of an event or situation. If you view a situation negatively you will likely feel distressed, overwhelmed, oppressed or out of control. Distress is the more familiar form of stress. The other form eustress results from "positive" view of an event or situation which is why it is also called "good stress". Eustress helps you rise to a challenge and can be an antidote to boredom because it engages focused energy. That energy can easily turn to distress, however, if something causes you to view the situation as unmanageable or out of control. Many people regard public speaking or airplane flights as very stressful - causing physical reactions such as an increased heart rate and a loss of appetite while others look forward to the event.



It is a question of perception: A positive stressor for one person can be a negative stressor for another. Stress Physical and Psychological responses to the pressures of daily life introduction to stress management.

CAUSES OF STRESS :

The most frequent reasons for "stressing out" fall into three main categories:

1) The unsettling effects of change.
2) The feeling that an outside force is challenging or threatening you.

3) The feeling that you have lost personal control. Life events such as marriage, changing jobs, divorce, or the death of a relative or friend are the most common causes of stress.

Although life-threatening events are less common, they can be the most physiologically and psychologically acute. They are usually associated with public service career fields in which people experience intense stress levels because of imminent danger and a high degree of uncertainty - Police officers, fire and rescue workers, emergency relief workers and the military. You may not plan to enter a high-stress career, but as a college student,

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you may find that the demands of college life can create stressful situations.

The National Institute of Mental Health (NIMH) notes some of the more common stressors for college students.

- Increased academic demands.
- Being on your own in a new environment.
- Changes in family relations.
- Financial responsibilities.
- Changes in your social life.
- Exposure to new people, ideas and temptations.
- Awareness of your sexual identity and orientation.
- Preparing for life after graduation.

Symptoms of distress systems of stress fall into three general, but interrelated, categories -

Physical, mental and emotional. Review this list carefully. If you find yourself frequently experiencing these symptoms, you are likely feeling distressed:

- Headaches
- Gastrointestinal problems
- Hypertension (High blood pressure)
- Heart problems, such as palpitations
- Inability to focus / lack of concentration

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- Sleep disturbances, whether it's sleeping too much or an inability to sleep.
- Sweating palms / shaking hands
- Anxiety
- Sexual problems

Even when you don't realize it, stress can cause or contribute to serious physical disorders. It increases hormones such as adrenaline and cortisone, which affect your metabolism, immune reactions and other stress responses that can lead to increase in your heart rate, respiration, blood pressure and physical demands on your internal organs. Behavioural changes are also experience of stress. They can include:

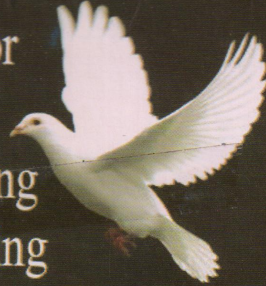
- Irritability
- Disruptive eating patterns (overeating and under eating)
- Harsh treatment of others
- Increased smoking or alcohol consumption

CONCLUSION

Stress can have consequences far beyond temporary feeling of pressure. While you can't avoid stress, you can learn to manage it and develop skills to cope with events or situations you find

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The strongest factor
for success is
self-esteem: Believing
you can do it, believing
you deserve it, believing
you will get it.



stressful. By learning to cope with stress, and by recognizing the symptoms of depression and the warning signs of suicide, you'll be better prepared to help not only yourself but also friends, fellow students, and the soldiers you will someday lead.

Learning assessment → 1. Define stress and list some of the symptoms. 2) Explain what causes stress and list some of the ways to deal with it.

3) What is the difference between stress and depression

4) List some warning signs of suicide.

Stress management refers to the wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress, especially chronic stress usually for the purpose of improving everyday functioning.

In this context, the term 'stress' refers only to a stress with significant negative consequences, or distress in the terminology advocated by Hans Selye, rather than what the call eustress, a stress whose consequences are helpful or otherwise positive.

Stress produces numerous physical and mental symptoms which vary according to each individual's

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situational factors. These can include physical health decline as well as depression. The process of stress management is named as one of the keys to a happy and successful life in modern society. Although life provides numerous demands that can prove difficult to handle, stress management provides a number of ways to manage anxiety and maintain overall well-being. Despite stress often being thought of as a subjective experience, levels of stress are readily measurable, using various Physiological tests, similar to those used in Polygraphs.

STRESS MANAGEMENT TECHNIQUES

1) Meditate :

A few minutes of practice per day can help ease anxiety. "Research suggests that daily meditation may alter the brain's neural pathways making you more resilient to stress", says Psychologist Robbie Maller Hartman, PhD, a Chicago health and wellness coach.

It's simple. Sit up straight with both feet on the floor. Close your eyes. Focus your attention on reciting --- out loud or silently --- a positive mantra such as "I feel at peace" or "I love myself." Place one hand on your

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belly to sync the mantra with your breathe. Let any distracting thoughts float by like clouds.

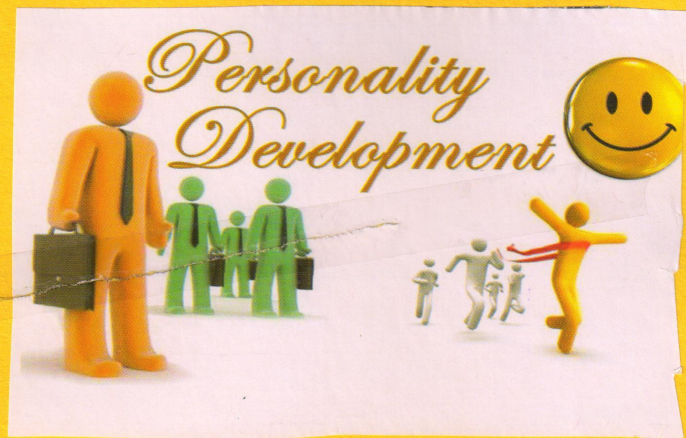
2. Breathe Deeply :

Take a 5-minute break and focus on your breathing. Sit up straight, eyes closed, with a hand on your belly. Slowly inhale through your nose, feeling the breathe start in your abdomen and work its way to the top of your head. Reverse the process as you exhale through your "Deep breathing counters the effects of stress by slowing the and lowering blood pressure," Psychologist Tudith Tutin, PhD, says. She's a certified life coach in Rome, GA.

3. Be Present :

"Take 5 minutes and focus on only one behaviour with awareness," Tutin says. Notice how the air feels on your face when you're walking and how your feet feel hitting the ground. Enjoy the texture and taste of each bite of food. When you spend time in the moment and focus on your senses, you should feel less tense.

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4. Reach Out :

Your social network is one of your best tools for handling stress. Talk to others --- preferably face to face, or at least on the phone. Share what's going on. You can get a fresh perspective while keeping your connection strong.

5. Tune In your body :

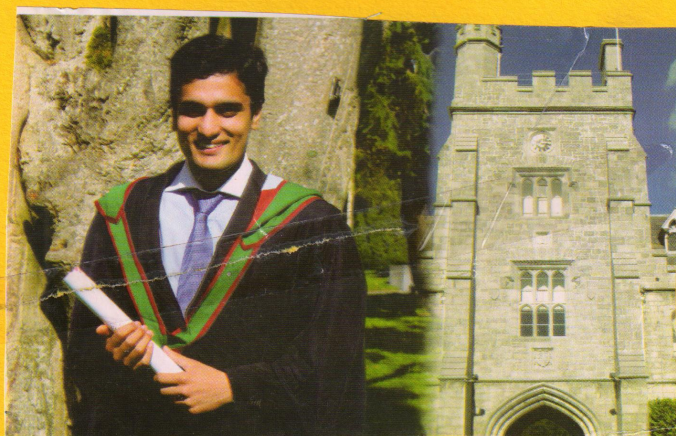
Mentally scan your body to get a sense of how stress affects it each day. Lie on your back, or sit with your feet on the floor. Start at your toes and work your way up to your scalp, noticing how your body feels.

"Simply be aware of places you feel tight or loose without trying to change anything," Tutin says. For 1 to 2 minutes, imagine each deep breath flowing to that body part. Repeat this process as you move your focus up your body. Paying close attention to sensations you feel in each body part.

6. Decompress :

Place a warm heat wrap around your neck and for 10 minutes. Close your eyes and relax your face, neck, upper chest and back muscles. Remove the wrap and use a tennis ball

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or foam roller to massage away tension.

"Place the ball between your back and the wall. Lean into the ball, and hold gentle pressure for upto 15 seconds. Then move the ball to another spot, and apply pressure," says Cathy Benninger, a nurse practitioner and assistant professor at The Ohio State University Wexner Medical Centre in Columbus.

7. Laugh Out Loud: A good belly laugh doesn't just lighten the load mentally. It lowers cortisol, your body's stress hormone, and boosts brain chemicals called endorphins, which help your mood lighten up by turning in to your favourite sitcom or video, reading the comics, or chatting with someone who makes you smile.

8. Crank up the tunes: Research shows that listening to soothing music can lower blood pressure, heart rate and anxiety. "Create a playlist of songs or nature sounds (the ocean, a bubbling brook, birds chirping) and allow your mind to focus on the different melodies, instruments or singers in the piece," Benninger says. You also can blow off steam by rocking out to more upbeat

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times or singing at the top of your lungs

9. Get Moving :

You don't have to run in order to get a runner's high. All forms of exercise, including Yoga and walking, can ease depression and anxiety by helping the brain release feel-good chemicals and by giving your body a chance to practice dealing with stress. You can go for a quick walk around the block, take the stairs up and down a few flights or do some ~~stretching~~ exercises like head rolls and shoulder shrugs.

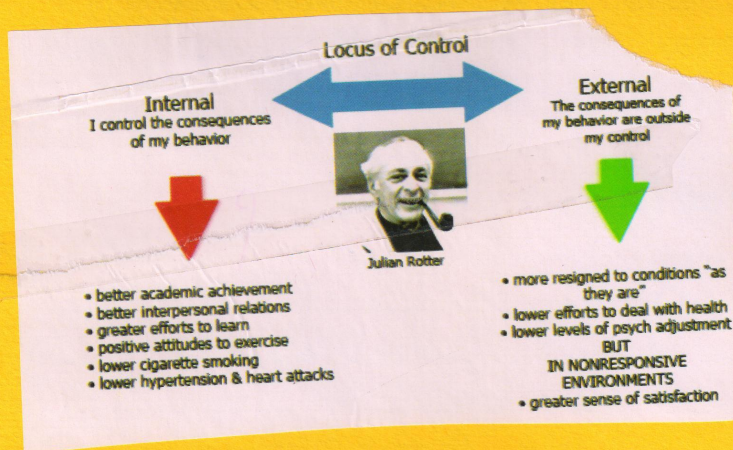
10. Be Grateful :

Keep a gratitude journal or several (one by your bed, one in your purse, one at work) to help you remember all the things that are good in your life.

"Being grateful for your blessings cancels out negative thoughts and worries," says Toni Emmerling, a wellness coach in Greenville, NC.

Use these journals to savor good experiences like a child's smile, a sunshine-filled day, and good health. Don't forget to celebrate accomplishments like mastering a new task at work or

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a new hobby.

STRESS MANAGEMENT

Many Practical stress management techniques are available, some for use by health professionals and others, for self-help, which may help an individual reduce their levels of stress. Provide positive feelings of control over one's life and promote general well-being. Evaluating the effectiveness of various stress management techniques can be difficult, as limited research currently exists. Consequently, the amount and quality of evidence for various techniques varies widely. Some are accepted as effective treatments for use in Psychotherapy, whilst others with less evidence favouring them are considered alternative therapies. Many Professional organizations exist to promote and provide training in conventional or alternative therapies.

There are several models of stress management each with distinctive explanations of mechanisms for controlling stress. Much more research is necessary to provide a better understanding of which mechanisms actually operate and are effectively in Practice.

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YOGA

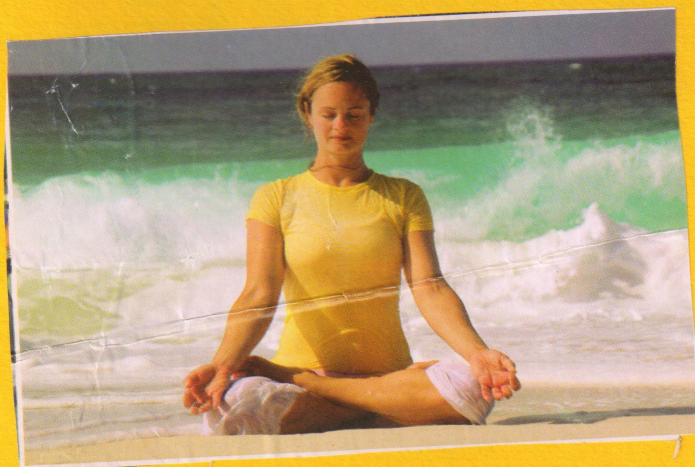
YOGA POSTURES

Asana is defined as "posture or pose," its literal meaning is "seat". Originally, there was only one asana - a stable and comfortable pose for prolonged seated meditation. More than stretching and toning the physical body, the yoga poses open the nadies (energy channels) and chakras (Psychic centres) of the body. Yoga poses also purify and help heal the body, as well as control, calm and focus the mind. The different categories of postures produce different energetic, mental, emotional and physical effects.

When holding a yoga posture, make sure you can breathe slowly and deeply, using Dirga or Ujjayi Pranayama. Go to edge in the posture holding where you feel a good stretch and/or your body working but don't feel pain, strain or fatigue.

The preparatory position is with the hands and knees on the floor, hands under the shoulders fingers spread wide, knees under the hips and typically about seven inches (17 cm) apart, with the spine - straightened and relaxed. On a deep

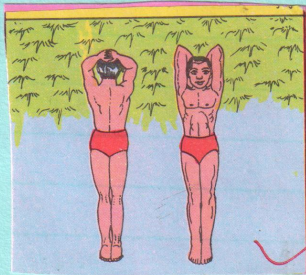
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exhale, the hips are pushed toward the ceiling the body forming an inverted V-shape. The back is straight with the front ribs tucked in. The legs are straight with the heels reaching to the floor. The hands are open like starfish, keeping the forefinger and thumb pressing down on the floor/mat. The arms are straight, with the inner elbow turning towards the ceiling, if one has the tendency to hyper extend elbows, keeping a micro-bend to the elbows prevent taking the weight in the joints. Turning the elbows up towards the ceiling will engage the triceps and build strength. The shoulders are wide and relaxed. Line up the ears with the inner arms which keeps the neck lightened. The hands are shoulder width apart and feet remain hip-width apart. If the hamstrings are very strong or tight, the knees are bent to allow the spine to lengthen fully. The navel is drawn in towards the spine, keeping the core engaged.

The hips move up and back. Focus is on the breathe while holding the asana, with deep, steady inhalation and exhalation creating a flow of energy through the body. On an exhale, the practitioner releases onto the hands and knees and rests in

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balancers. A handstand is the act of supporting the body in a stable, inverted vertical position by balancing on the hands. In a basic handstand the body is held straight with arms and legs fully extended, with hands spaced approximately shoulder-width apart. There are many variations of handstand. Performer must possess adequate balance and upper body strength. Handstands are performed in many athletic activities including acrobatics, dance, cheerleading, circus, yoga and gymnastics. Some variations of handstand is performed on every gymnastic apparatus and many tumbling skills pass through a handstand position during their execution. Breakdancers incorporate handstands in Freezes and Kicks. Armstand dives - a category found in competitive platform diving are dives that begin with a handstand. In games or contests swimmers perform underwater handstands are known by various other names. In yoga the handstand is known as Adho Mula Vrksasana translating to downward facing Tree pose. In Capoeira it is named as bavanara.

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Bhujangasana (1 [?] bu [?] dzaen [?] go [?] sa [?] na
[?] | ; (i) Sanskrit : IAST : Bhujangasana) or Cobra
Pose. is an asana.

The name comes from the Sanskrit word Bhujangasana
meaning "snake" or "serpent" and asana ()
meaning "Posture" or "Seat".

The name comes from the Sanskrit words
ananta () meaning "without end" or "
the infinite one", derived from the name of
the thousand headed serpent Shesha upon which
Vishnu rested at the bottom of the primordial
ocean and Asana meaning "Seat".

P. Rathan