

## ROLE OF YOGA IN STRESS MANAGEMENT

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### ABSTRACT

*The state of the mind and that of the body are intimately related. If the mind is relaxed, the muscles in the body will also be relaxed. Stress produces a state of physical and mental tension. Yoga, developed thousands of years ago, is recognized as a form of mind-body medicine. In yoga, physical postures and breathing exercises improve muscle strength, flexibility, blood circulation and oxygen uptake as well as hormone functions. In addition, the relaxation induced by meditation helps to stabilize the autonomic nervous system with a tendency towards parasympathetic dominance. Physiological benefits which follow help yoga practitioners become more resilient to stressful conditions and reduce a variety of important risk factors for various diseases, especially cardio-respiratory diseases. One of the effective factors to deal with the mental disorders is sports activities like yoga techniques. Yoga is a series of interventional procedures composed of the physical, psychological, social, and spiritual trainings, which provide holistic and systematic approach to meet human needs. The physical and breathing exercises of yoga can increase the flexibility and muscle strength. Yoga can improve circulation, oxygen uptake, and performance of hormone system. Relaxation and meditation in yoga by stabilizing the autonomic nervous system and controlling the emotions can improve the sense of well-being. Yoga is a theory of personality, which aims to understand the psychological mechanisms associated with the regulation of emotions along with the physical development.*

*Key words: Yoga ,Stress, Anxiety and Depression.*

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### INTRODUCTION:

Dating back over 5000 years, yoga is considered by many to be the oldest defined practice of self-development. The methods of classical yoga include ethical disciplines, physical postures, breathing control and meditation. Traditionally an Eastern practice, it's now becoming popular in the West. In fact, many companies, especially in Britain, are seeing the benefit of yoga, recognizing that relaxed workers are healthier and more creative, and are sponsoring yoga fitness programs. Many studies have found that a little yoga in the morning, at night, or even on a lunch break, can minimize stress and increase productivity.

It is believed that yoga is so effective for stress relief because, aside from the physical benefits that yoga brings, it encourages a good mood, an increase in mindfulness, and a healthy dose of self-compassion.

We all come across *stress*, *anxiety*, and *depression*; these issues have become evils in our daily life. Due to changing lifestyle, a lot has changed in human life. Many new forms of stress management techniques have arrived today. Despite this fact, the roots and practice of ancient yoga has remained consistent. Yoga has helped many people overcome various issues related to their life. It is undeniable that stress brings a lot of physical and mental issues; you become drained and exhausted. Some more common problems that arise out of stress are;

- Migraines
- Depression
- Lack of sleep
- Hypertension
- High and Low blood pressure
- Heart issues
- Weight gain
- Spondylitis and more...

Issues are many but the solution is one – Yoga! Yoga is the answer to all the above issues and much more that could disrupt your life from living normally. The technique of yoga is not magic but practice. Both men and women can avail various benefits out of Yoga and live a stress-free life. The question is, how does yoga help in getting rid of stress?

The postures, techniques, and exercises in yoga comprise of asanas, pranayamas, relaxation, meditation, and breathing exercises that help you overcome stress. Due to more number of people coming forward to experience the benefits of Yoga, a world Yoga day is celebrated on 21<sup>st</sup> June every year. It's a fascinating sight to notice a massive number of people joining hands to get rid of their painful issues in life. By Elizabeth Scott, MS

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## **Benefits of Yoga for Stress Management**

### **1. Union of mind, body, and soul:**

A combination of breathing exercises and asana unites the mind, body, and soul. Imbalance of these three gives birth to health issues and unwanted mental stress. Health experts and yogis have confirmed that yoga has relieved people from stress to a great extent.

### **2. Improved sleep:**

Some forms of exercises in yoga help you sleep peacefully. Most people complain of the inability to sleep properly due to various issues troubling them in and out in their life. People bring more focus in life with regular yoga practice.

### **3. Increased energy:**

Breathing exercises are extremely important in yoga for stress management. The slow breath patterns along with inhaling and exhaling techniques bring more positive energy to your body. Scientifically, it helps the oxygen to pass through your organs by making you feel relaxed.

### **4. Increases concentration:**

Yoga asanas relax your body by overcoming stress. We all must have noticed forgetfulness when we are worried about something that's disturbing us. It leads to a confused state of mind. Yoga brings an improved concentration to deal with situations with a calm mind.

### **5. Experience deep Relaxation:**

Meditation is an important factor in yoga for stress management. One of the essential things expected during stress management is the ease of mind. Yoga with meditation balances those alpha waves that are needed to relax your mind. While you do the breathing exercises, your heart rate tends to become normal and blood pressure normalizes.

### **6. Boost in Confidence:**

Stress often breaks us and tears us apart from taking decisions in life with confidence. We start feeling confused and indecisive in everything and seek others' support. Yoga for stress management is the best alternative for bringing back inner confidence.

### **7. Inner healing:**

Our healing process gets shattered when we are stressed. We fail to react to situations with a calm mind and break down most of the times. Those who practice yoga postures will realize how it helps to build strength and utilize energy at the right channel during crisis or period of extreme stress. By Rishikesh Yogis ,October ,2017

### **Conclusion**

Lastly, yoga isn't a magic wand to eliminate stress permanently from life; stress is a parcel that you will receive every day. However, with the practice of yoga, you build a positive personality and a confident approach to handle situations in a better manner. Start learning the different poses of yoga for managing stress from today!

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