

COURSE EPC-4 (1.4 EPC-4)

YOGA EDUCATION: SELF UNDERSTANDING AND DEVELOPMENT

Q. How should students cope up with stress management during this COVID-19 pandemic?

Ans.

INTRODUCTION:

The scenario of pandemic has created various types of mental disorders and psychological issues among individuals. The students are getting tensed of adaptation to this new life that they are got into. The situation has accelerated psychological issues like stress, anxiety, panic, depression, etc which might lead to difficulty in breathing, nausea, insomnia, headache and other issues. The discussion of the study is mainly related to how to manage stress during COVID-19 pandemic.



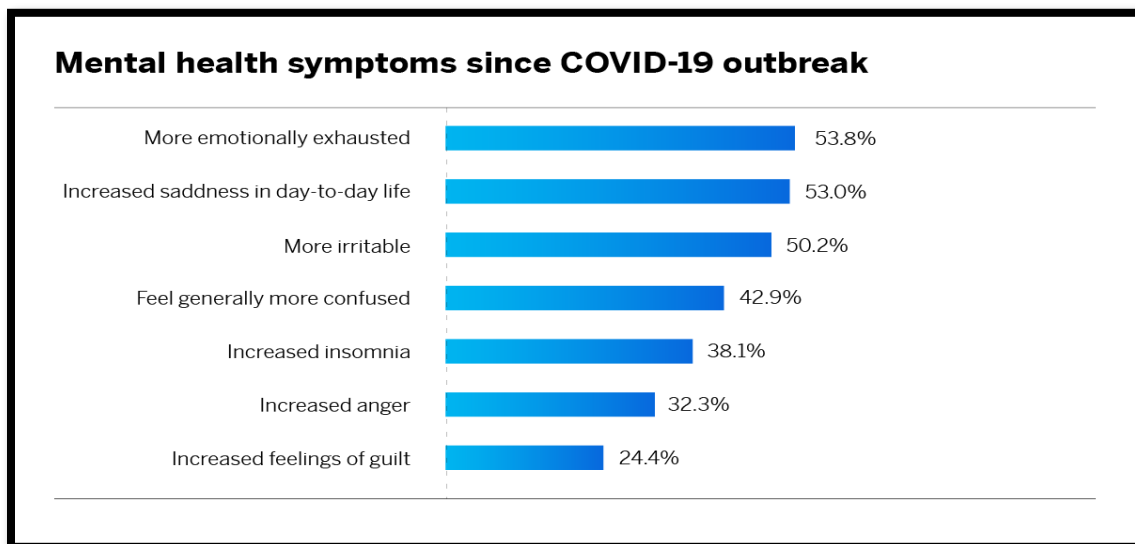
Definition: Stress is the “psychological, physiological and behavioural response by an individual when they perceive a lack of equilibrium between the demands placed upon them and their ability to meet those demands, which, over a period of time, leads to ill-health” (Palmer, 1989).

Stress management is a set of techniques and programs intended to help people deal more effectively with stress in their lives by analyzing the specific stressors

and taking positive actions to minimize their efforts.(Gale Encyclopaedia of medicine,2008).

SYMPTOMS OF STRESS : Symptoms Of Stress Are:

- *Difficulty sleeping;*
- *Irritability;*
- *Panic attacks;*
- *Headaches;*
- *Difficulty concentrating;*
- *Fatigue;*
- *Nausea;*
- *obsessive or compulsive behaviors, etc.*

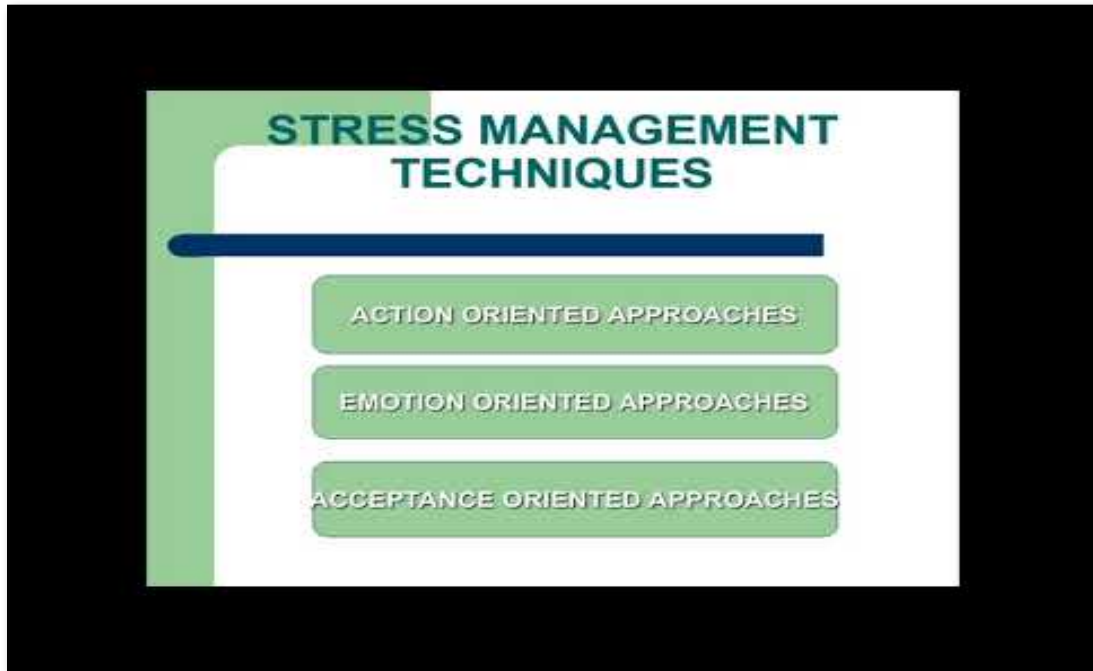


Source: www.qualtrics.com

STRESS MANAGEMENT TECHNIQUES NEEDED TO BE FOLLOWED DURING COVID-19 PANDEMIC:

1. **Action Orientated Approaches**: used to take action to change a stressful situation
2. **Emotion-oriented approaches**: used to change the way we perceive a stressful situation

3. Acceptance-oriented approaches: used for dealing with stressful situations you can't control.



MANAGEMENT OF STRESS BY THE STUDENTS DURING COVID-19 PANDEMIC:

- I. Be assertive: Clear and effective communication is the key to being assertive. When we're assertive, we can ask for what we want or need, and also explain what is bothering us. The key is doing this in a fair and firm manner while still having empathy for others. Once you identify what you need to communicate, you can stand up for yourself and be proactive in altering the stressful situation.



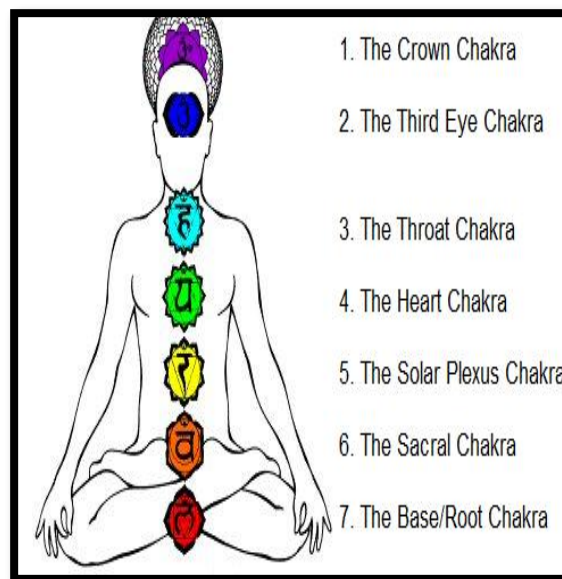
- II. **Managing your time:** If we let them, our days will consume us. Before we know it, the months have become overwhelmingly busy. When we prioritize and organize our tasks, we create a less stressful and more enjoyable life.
- III. **Creating boundaries:** Boundaries are the internal set of rules that we establish for ourselves. They outline what behaviours we will and won't accept, how much time and space we need from others, and what priorities we have.
- IV. **Get out of your head:** Sometimes it's best not to even try contending with the racing thoughts. Sometimes you just need a break. Distract yourself. Watch a movie, phone or catch up with a friend, go for a walk, or do something positive that you know takes your mind off things.
- V. **Diet and Exercise:** You've heard it before, but you are what you eat. Be mindful of having a balanced and healthy diet. Making simple diet changes, such as reducing your alcohol, caffeine and sugar intake is a proven way of **reducing anxiety**. Another guaranteed way to reduce stress is exercise. It's proven to also be an effective as antidepressants in relieving mild depression.
- VI. **Meditation and physical relaxation:** Use techniques such as deep breathing, guided visualizations, yoga, and guided body scans. These activities help relax the body. Some examples for you to try out are included below.
- VII. **Build resilience:** Resiliency is our ability to bounce back from stressful or negative experiences. To simplify, resilient people are skilled at accepting that the situation has occurred, they learn from what transpired and then they move on.
- VIII. **Talk it out:** Don't hold it all inside. Talk to someone close to you about your worries or the things getting you down. Sharing worries can cut them in half, and also give you a chance to laugh at potentially absurd situations. If you don't feel up to sharing, writing them down is also a great way to release them.

- IX. Sleep: Getting a good night sleep is fundamental for recharging and dealing with stressful situations in the best possible way. While it varies from individual to individual, on the exact amount of sleep needed, an uninterrupted sleep of approximately 8 hours is generally recommended.

Some of the yogas that help to reduce stress are:

PRANAYAMA:

- SLOW EXHALATION
- ANULOM -VILOM
- BRAHMARI



YOGA ASANAS TO BE PERFORMED BY THE STUDENTS ARE:

- Thunderbolt Pose (Vajrasana) with Eagle (Garudasana) arms: Kneel and sit back on your heels. For Eagle arms, bend your elbows and bring the right elbow into the left, with the backs of your hands facing each other. Then pass your right hand in front of your left and bring the palms together, thumbs pointing toward the tips of your nose (grab your wrist if you can't press your palms together). Hold for 5 breaths, then reverse your arms and hold for 5 breaths.



- **Wide-Legged Standing Forward Bend (Prasarita Padottanasana)**: Turn your feet parallel to each other and place your hands on your hips. Inhale, lift your chest, and with an exhale, bend forward from your hip joints to come into a forward bend. Place your hands on the floor, shoulder-distance apart, fingers in line with your toes. Release your head toward the floor. If your head doesn't reach the floor, you can place it on a block. Hold the pose for 10 breaths. Inhale, come to a flat back, take your hands to your hips, and drop the flesh of your buttocks to come to stand. Heel-toe your feet together and step to the front of your mat to transition into Child's Pose. Take your knees to the floor, sit on your heels, and fold forward with your head on the floor.



- ***Halasana***: Lie down with your head on the mat. Swing your legs back and over your head and rest your toes on the floor. Stay for 10 breaths. Slowly roll out of Plow, keeping your head back so it doesn't whiplash forward when the legs and torso touch down.



BENEFITS OF STRESS MANAGEMENT:

- *Better immune function – get sick less often*
- *Feel better faster when you do get sick*
- *Fewer illnesses and physical complaints*
- *More energy*
- *Feeling more relaxed*
- *Sleeping better*
- *Better digestion*
- *Calmer mood*
- *More focused, more positive.*

CONCLUSION:

People are highly affected by the disease both mentally and physically. This gives spike to various psychological issues like stress, anxiety, depression, insomnia, etc. To manage stress during this pandemic, various stress management techniques, yogas, pranayams helps the students that are discussed needed to lead a sound mental and physical health.