

### Inside this issue

Fast and Easy Stress Management

Just A Minute

Lateral Thinking on Stress Management

Old wine in a new bottle

Open secrets

About Albert Einstein

Positive Stress

### ***Stress is a fact of life, but being stressed out is not.***

Don't get yourself to thinking that there is a right way to manage stress, else you might end up stressing yourself over this as well!! Yet, you can easily overcome any stress from negativity...

Think of this...

**Ted Engstorm** said '*Cripple him, and you have a Sir Walter Scott. Lock him in a prison cell, and you have a John Bunyan. Bury him in the snows of Valley Forge, and you have a George Washington. Raise him in abject poverty and you have an Abraham Lincoln. Strike him down with infantile paralysis, and he becomes Franklin Roosevelt. Burn him so severely that the doctors say he'll never walk again, and you have a Glenn Cunningham -- who set the world's one mile record in 1934. Deafen him and you have a Ludwig van Beethoven. Have him or her born black in a society filled with racial discrimination, and you have a Booker T. Washington, a Marian Anderson, a George Washington Carver. Call him a slow learner, "retarded," and write him off as uneducable, and you have an Albert Einstein. As one man summed it up: Life is about 20% in what happens to us and 80% in the way we respond to the events.'*

When negative thoughts surround you, do not feel stressed. Instead challenge the negative thinking. Ask yourself – 1. what is the evidence? 2. what alternate views are there? 3. what is the effect of thinking they way it is now? 4. what thinging errors are people/I am making? 5. what action can I take? ... and take these steps!

### About Albert Einstein

Contributions to mass-energy equivalence,  $E = mc^2$ , theory of relativity, reconciling mechanics with electromagnetism, and extending the principle of relativity to non-uniform motion, creating a new theory of gravitation, relativistic cosmology, capillary action, critical opalescence, statistical mechanics, quantum theory, the Brownian movement of molecules, atomic transition probabilities, thermal properties of light with low radiation density, stimulated emission, unified field theory, geometrization of physics.

Nobel Prize in Physics in 1921. Over 300 scientific works and 150 non-scientific works. 1999 *Time* magazine "Person of the Century"

### Open Secrets on Stress management

To stay stress free –

- *Positive affirmations – mantra*
- *Learn*
- *Relax*
- *Put it on paper*
- *Visualize calm*
- *Be a fighter*
- *Just say NO*
- *Smile.....*

### Fast and Easy Stress Management

Stress Tip 1: Pay attention to your own thoughts. Ever heard the saying, "Sticks and stones will break my bones, but words will never hurt me?" It's a lie. Words hurt; they stress you out. That goes for words you think to yourself as well. "The power of positive thinking" may be a cliché these days, but it's still true. Think positive thoughts and you feel less stressed and get more done. It's the most powerful stress management you can do.

Stress Tip 2: Choose a couple of things you really want to get done, and get them done early in the day. You will feel a sense of accomplishment about using your time wisely. That leads to less stress. You can then choose another couple of things to do if you have time. The trick is to not overload the day with things to do, but still get stuff done.

Stress Tip 3: Look at your day as 24 hours instead of 8 or 12 or whatever. Twenty four hours is all you've got. So if you add something to your day you will have to subtract something else for good stress management. In the United States, we tend to add without subtracting, which leads to stress.

Stress Tip 4: Be assertive with people about your time. While time is our most precious resource, most of us tend to give it away too easily and that's poor stress management. When someone asks you for time, think about what you will have to subtract from your current schedule. That will help you say "No" when you need to. "No" can be a great stress management tool.

Stress Tip 5: Have a dream and goals to reach that dream. Stress management is a lot easier when you have a dream and know what you want to do to get there. This does not mean go overboard and spend every waking moment on obtaining the dream. In the long run you will have less stress if you have a dream. It's automatic stress management.

Stress Tip 6: Limit the number of shocking things you watch on television. I know that's tough in our TV-centered world, but shocking pictures stress you a lot more than you think. The images go straight from your eyes to your feelings. If you feel yourself getting stressed by the television, consider listening to the radio. Radio allows you think about the information and form images you can deal with.

Source: [www.steetcher.com](http://www.steetcher.com)



*Most folks are about as happy as they make up their minds to be.*  
Abraham Lincoln

*Life is either a daring adventure or nothing. To keep our faces toward change and behave like free spirits in the presence of fate is strength undefeatable.*  
Helen Keller

### Lateral Thinking on Stress Management

#### Feeling better?

A Here is a stress management technique recommended in all the latest psychological texts:

Picture yourself near a stream.

Birds are softly chirping in the crisp, cool, mountain air.

No one knows your secret place.

You are in total seclusion from that hectic place called "the world".

The soothing sound of a gentle waterfall fills the air with a cascade of serenity.

The water is clear.

You can easily make out the face of the person you're holding under the water...

There now..... feeling better?

### Positive Stress

Though the word abounds in negative connotations, stress need not always be harmful. Like if you were to win a crore on the popular game show *Kaun Banega Crorepati*, your epinephrine levels may shoot through the studio roof. But this stress response would purely be one of joy. And prior to winning the jackpot, you might have subjected your body and brain to massive stress by burning the midnight oil cramming knowledge at short notice. But this stress would be extremely motivational in character.

So is there something like positive stress? Well, yes and no. It depends on whom you're speaking with! And how they perceive stress.

"Anything that takes you away from the quality of existence is stress. I don't believe that a person needs stress to perform well. A stressed-out individual will not be able to perform well. It's like being constantly driven in life," emphasizes Sukhdeepak Malvai.

Says D.D. Rajdev of Fibcom India: "One has to take stress in a positive way. There has to be some stress in life to motivate you so that you put your best foot forward. But I'm not talking about the kind of stress that breaks one down. There is something like positive stress."

"Some amount of stress is good as it drives you. But if it can't be handled beyond a point, it's negative. I personally need some amount of stress. I need the challenge. Or else I end up procrastinating," laughs Anandi Iyer of GTZ.

"Yes, some stress is good. For example, the stress students feel before examinations helps them study better and pass," agrees hypnotherapist Santhosh Babu.

In lay terms, it means (i) resistance to infectious diseases is not always reduced by stress and in some cases is actually and in some cases (ii) stress can augment a number of immune responses. Possibly, this change may be a natural physiological response that maintains homeostasis and resistance to disease during long-term, adverse situations.

Source: [www.lifepositive.com](http://www.lifepositive.com)

### Interact with Revathi

at [info@revathionline.com](mailto:info@revathionline.com)

Visit

[www.revathionline.com](http://www.revathionline.com)



### Old wine in new bottle – Alexander the Great

Alexander the Great is known as the most powerful military leader and conqueror of the ancient world. Before he turned 30 years old he conquered an empire stretching over 3,000 miles from Greece to India. He was born in 356 BC in Macedonia, known today as northern Greece.

On his sickbed and during his last hour alive, Alexander the Great told his generals "After my death, when you put my body in the casket, let my arms hang over the edges with my palms wide open, so the public can see my empty hands while I am leaving the world." After Alexander the Great died, many dignitaries came to view the royal funeral and were very surprised to see his arms hanging over the edge of the casket with his palms wide open. They asked questions about this unique scene. A wise man told them "O' People, Alexander the Great is telling us that when he ruled the world, great treasures of gold, silver and wealth came to be under his possession. Yet, indeed he is leaving the world empty handed."

In conclusion, a surprisingly effective remedy for stress is to 'remember death'. The Prophet Muhammad (saw) said, "Remember frequently the one who will destroy all your pleasures - death! For there is no one who remembers death when in straitened circumstances, but his situation will become easier..."