
STRESS MANAGEMENT AND SPIRITUALITY

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Abstract

This section considers a proactive approach that raises awareness of the symptoms of stress and enables individuals to develop coping skills. Training to employees and managers will enable people to recognize the nature of stress, identify areas that need improvement and ensure that risks are properly controlled. Traditionally, spirituality in Hinduism, Islamic and Christianity has been defined as a process of personal transformation in accordance with religious ideas. Words translatable as 'spirituality' first began to arise Before Christ and only entered common use towards the end of the middle ages. Catholic non-secularity is that the spiritual observe of living out a private act of religion following the acceptance of religion. Although all Catholics are expected to pray together enmass, there are many different forms of spirituality and private prayer which have developed over the centuries. The Pillars of Islam square measure 5 basic acts in Islam, considered obligatory for all believers. The Quran presents them as a framework for worship and a signal of commitment to the religion.

Keywords: Empowerment, participatory, reproductive, analysis

Introduction:

This section considers a proactive approach that raises awareness of the symptoms of stress and enables individuals to develop coping skills. Training to employees and managers will enable people to recognize the nature of stress, identify areas that need improvement and ensure that risks are properly controlled.



This section contains a stress management awareness coaching presentation and background notes.

It is necessary to be clear stress management coaching will and may not bring home the bacon or

whether the coaching is provided on a voluntary or mandatory basis. This section additionally includes a leaflet employed by Lisburn council to boost awareness of labor connected stress with workers. It will be accustomed advise workers that you just have introduced a piece connected Stress Policy and it sets out the fundamentals like a definition of stress, statistics recognizing stress, the legal position, duties of line managers and workers.

It could be adapted to suit the needs of your own organization. In terms of distribution , it will be written as Associate in Nursing A5 double sided leaflet and hooked up to payslips and created on the market on the Council's computer network. The effectiveness of the strain management coaching ought to be evaluated and reviewed to make sure that it's achieving its aims.

**Nature of Stress:**

- Pressure itself is not necessarily bad.

Is it an illness?

- It is not a disease or illness.

- When someone feels that they cannot cope with what is being asked of them work.

The standards are meant to assist employers to meet the prevailing legislation:

Who can it affect?

- It can affect anyone.
- When someone feels that they cannot cope with what is being asked of them work.



Possible Signs of Stress:

- Excessive smoking, drinking or use of drugs.
- Rushing, hurrying to do several jobs at once.
- Feelings of not being able to cope.
- Missing breaks, taking work home with you.
- Having no time for exercise and relaxation.
- Health complaints headaches, trouble sleeping, heart problems, upset stomach.
- Changes in mood or behavior, irritability, short temper.
- Deteriorating relationships with colleagues.
- Loss of interest in work, indecisiveness, reduced concentration.
- Absenteeism, poor timekeeping or reduced performance.

Possible Causes of Stress:

- Poorly organized work.
- Changes at work.
- Poor working relationships.
- Poor communication at work.
- Lack of personal control over work.
- Ill-defined work roles.
- Machine/process paced work.
- Dull repetitive work.
- Highly demanding tasks.
- The threat of violence.

Potential Consequences for an Organization:

- Increase in sickness absence.
- Reduced staff morale.
- Reduced staff performance/efficiency.

- Low motivation.
 - Faulty decision making.
 - Staff seeking alternative employment.
 - Poor industrial relations.
- Demands:
- Employees should be given sufficient resources (time, suitable training, etc.) to cope with their workload.
 - There should be mechanisms available to enable concerns to be reported.
- SPIRITUALITY**
- Traditionally, spirituality in Hinduism, Islamic and Christianity has been defined as a process of personal transformation in accordance with religious ideas. Words translatable as 'spirituality' first began to arise before Christ and only entered common use towards the end of the middle ages. Catholic non-secularity is that the spiritual follow of living out a private act of religion following the acceptance of religion. Although all Catholics are expected to pray together enmass, there are many different forms of spirituality and private prayer which have developed over the centuries. The Pillars of Islam are 5 basic acts in Islam, considered obligatory for all believers. The al-Qur'an presents them as a framework for worship and a proof of commitment to the religion.
 - God is the Supreme Power. He is the creator of this universe. Everything came from him. At the end of life, everything has to unite with supreme power. God has created around 85,00,000 creatures on this earth for some specific purpose which is interrelated and interdependent on one another. One has to understand and fulfill the purpose for which it has been sent by God. There is somebody who stands in between man and God. He directs us to travel on the right path. The right path to reach the destination is through only Martha, Pitha and Guru. They guide us to know about the supreme power and principles to be followed. In a great country like India, there are many Alwars, Saints and Gurus who developed and trained their disciples to travel on the same path as they traveled. Prophet. Mohemmed of Muslims, Jesus Christ of Christians and Shankaracharya, Ramanujacharya Madhvacharya, Sri Thyagaraja, Ramakrishna Paramahansa, in Hinduism, are few gurus who inculcated a number of principles among their disciples. The main objective of this articles is to narrate successful stories of some of the gurus who led their disciples' lives happily and healthy by training them, linking with spirituality which ultimately leads to knowledge about the supreme power. Once, if we indulge ourselves in worshipping God, we can know the truth and reality to lead the life with a positive attitude. It has been proved in many incidents that, a human being can increase the life span with positive attitude linked with spirituality.

Nammalwar

- According to traditional scriptures, Nammalwar (one of the 12 Alvars of Vaishnavism) was born in a clan "Vellalar tribe" on the 43rd day of kali of 3059 BC, Friday, under the star "vishakha", Sukla Paksha, Chaturdashi, in kataka lagna, in the month of vrushabha (May-June), in Vasantha ruthu, in the year of Pramadhi, in Thirukurugoor (near Thirunelveli) in the Pandaya dynasty of Tamil Nadu. The child was extraordinary. For several days, the child lived with eyes closed in perfect health, without food. For days together, it never spoke. Distressed at this, the parents placed the child at Kurugoor in Adinathar temple, by surrendering the entire burden of upbringing the child. The child was totally different from the general human nature and was named 'Maran' and also called 'Sadagopan' as, unlike other children, he did not allow earthly ignorance to envelop him. For sixteen long years, Maran sat motionless under the tamarind tree in Adinathar temple without food or drink, eyes closed, in padmasana, in utter silence. He is believed to be the avatar of Vishwaksena, chief of the hosts of Srimannarayana in Vaikuntam.
- During that period, an elderly Brahmin scholar named Madhurakavi was on his pilgrimage saw an extraordinary sweet glowing light like a star on the southern sky. Keen on knowing the source he traveled southward when he reached Srirangam (near Trichy in Tamil Nadu) the light was visible in far south. He continuing his quest until he reached kurugoor, where the light merged with the person in Nammalwar, seated blissfully under the tamarind tree. With great difficulty, Madhurakavi succeeded in drawing out Nammalwar from his deep Samadhi and learned the secrets of all the shastras. Henceforth, he remained at his lotus feet, recording the divine poem swelling out of the heart of Nammalwar in great ecstasy of Krishna Bhakti. At the terribly thought of the birth and sweetness of Sri Krishna, the Alwar went to come in a deep trance for months along. Nammalwar is the seer of Dravidian Vedas. He sang immortal poems of total 1,296 pashurams as the Tamil version of the four Vedas – Rig, Sama, Yajur and Atharvana. Nammalwar stayed on earth for a brief thirty-five years



Kulasekara ALWAR

Alwar prays lord Vishnu to shower his blessings on him in such a way that lord's rays will always fall upon him. Chera Nadu is otherwise called as "Malai Nadu" ruled by Chera King "Thidaviradhan" had great bhakti towards Sriman Narayanan. Kulasekara Alwar incarnated on this earth in Prabhava year, Maasi month, Sukla Dwadasi, Friday in Punarpoosa Nakshatram (Star) in the 27th year after the beginning of the Kali Era (3102 B.C.) that puts the seer at 3075 BC. He learned all the important issues and also the Sanskrit language, which is said as the Veda Mozhi (Vedic language).

He was o.k. tutored with studies and additionally with numerous fighting aspects of war. After attaining the correct age, he was given the throne and led the Chera Nadu, better than his father led. The life of Kulasekara went on like this and one fine day, he got irritated for his leading of life and felt sorry for the lives he had killed in the war. This created him to accept Sriman Narayanan and thought that he ought to lead his life by being helpful to others and at a similar time he ought to unfold the Vishnu devotion within the thick of human life. He was extremely upset that he ought to haven't born in an exceedingly wealthy family, but instead, he might have born in an unwealthy family so that he could not lead a luxurious life. He even thought that he might have born as a fish in any of the punya theerthams so that he might have a close relationship with the god.

He praised the god by praising and satisfying his bhaktas. Kulasekara had great attention towards hearing the Puranas. He called up lots of old persons and heard lots of Puranas and the thathvam in it. Similarly, one day an old yogi told the story of Ramayana and the way of life led by Sri Rama. On hearing the story of Sri Rama, Kulasekara was deeply attracted by the life of Sri Rama, his eyes started to release water and he was totally surrounded towards Sri Rama. The next day, the previous yogi explained concerning the war scene that happened in Sanskrit literature. On hearing the story of Sri Rama and he was deeply attracted by this scene, Kulasekara thought that there is something harm which is going to happen for Sri Rama and quickly went out from that place and ordered his army to get ready for the war. But, the army was amazed and surprised that why and with whom they are going to raise the war but, they have to obey the orders of their king and prepared for the war.

The yogi completed the story saying Sri Rama, single-handedly defeated all the Rakshasas. On hearing this and the greatness of Sri Rama, he was very much pleased and ordered his army to get back to barracks. This explains about great bhakti of Kulasekara towards the god. One day he found that some of the jewels adorning his Lord were missing and having been stolen. He wanted to know who had done that. Since the Ministers wanted to turn the Kings attention away from Vishnu and Vishnu Bhaktas, they said that the ornaments were stolen only by the Vishnu Bhaktas. But, Kulasekara refused to believe since he had great faith in them



THIRUMANGAI ALWAR

According to the traditional account, Thirumangai Alwar at Nangur of Tamil Nadu was the king of the 8th century CE (traditional dating: 2702 BCE) kuriyalur (thiruvali-thirunagari). As the day passed, Thirumangai Mannan was attracted to a great lady called Kumudavalli, who was the main reason for Kaliyan to divert his attention to the devotion to Lord Vishnu thought of meeting and married to her. He sent a message to the vaidyan (doctor), father of Kumudavalli as she appeared before Thirumangai Mannan and both of them were attracted to each other, Kumudavalli accepted his proposal not absolutely stating that she would marry solely someone WHO feeds one thousand devotees of Lord Hindu deity daily and therefore the one WHO helps the development of the Hindu deity temple at Srirangam. Thirumangai Mannan changed himself from the king's character to an ordinary devotee of Sriman Narayana. He married to Kumudavalli, a Vaishnava doctor's adopted daughter at a place Thiruvellakkulam (also known as Annan Kovil) and became a Vaishnava, devotee of the Hindu god Vishnu, under her influence.

The temple-god of Thirunaraiyur (Naraiyur Nindra Nambi) – a style of Hindu deity – is believed to possess initiated Thirumangai into Vaishnavism, by teaching him the Pancha samskara. As days passed, since he spent lots of money on the food, his wealth started to decline. As a result of this, he could not pay the Kappam (tax to the Chozha Empire). Finally, he thought that he will steal cash and product from others and may pay that for satisfying the Hindu deity Bhaktas. Lord Vishnu was very much worried about his diversion of the mind and thought of changing it. As a result of it, Lord Vishnu and Lakshmi who were in the form newly married couple walking in the forest were stopped by Thirumangai Mannan and his soldiers. Thirumangai Mannan ordered all of them to present their ornaments and cash they need with them. Hearing this, the bridegroom (Lord Vishnu) and bride (Goddess Lakshmi) gave their ornaments. Thirumangai Mannan checked whether all of their ornaments were removed but found a Kanaiyaazhi (an ornament that is worn on the legs) on the right leg of the bridegroom.

Kaliyan asked that should be also removed for which bridegroom said that he could not remove that ornament. Thirumangai Mannan tried to remove that but he could not do that and finally tried to remove it through his teeth, but also he could not do so. He questioned himself that he may well be conjointly a brave and robust person like him and from then, he was

named with the name "Kaliyan". Since Kaliyan has a relationship with the thiruvadi (leg) of Sriman Narayanan, this action is performed and to explain this to the world only. Since he could not remove the Kanaiyaazhi from his legs, he left that and ordered his main soldier to tie - up all the ornaments and money and lift but they failed including the leader too. When the leader asked Sriman Narayanan about the magic who came as bridegroom asked Kaliyan to come close to him so that he can explain. The god explained the Ashtaakshara Mantra; from then, Thirumangai Mannan is popularly named as "Thirumangai Alwar" identified that the bridegroom and bride are none other than the Lord Vishnu and Sri Lakshmi. His eyes were flooded in tears and his hands were raised above his head and started to praise the God as

"KulamTharumSelvamThandhidumAdiyaarPaduthuyarAayinavellaam
 NilandharamSeyyumNeelVisumbarulumAruloduPerinilamAlikkum
 Valam tharum mattrum thandhidum Petra Thaayinum Aayina Seyyum
 NalamTharumSollaiNaanKandukondaenNarayanaEnnumNaamam"

CONCLUSION

This section contains a stress management awareness coaching presentation and background notes. This can complement and support the council's stress management policy and can additionally offer a mechanism for raising awareness of the support accessible, like versatile operating practices and employee counseling services. Spirituality is an inborn quality in every human being. But, it must be enlightened and directed properly through Gurus to accomplish happiness and to attain heaven. Any human being can make his or her life simple and happy by leading with strong principles and a positive spirit.

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