



శ్రీ వేపచేదు విద్యా పీఠము

VEPACHEDU EDUCATIONAL FOUNDATION

మన సంస్కృతి

Mana Sanskriti (Our Culture)

Chief Editor: Dr. Sreenivasarao Vepachedu, Esq.

URBAN RAT RACE

Stress is a normal physical response to perception of threat or imbalance, resulting in a fight-or-flight-or-freeze reaction or the stress response, an automatic process to stay focused, energetic and alert. Brains are wired such that a certain level of an emotional state is needed for such a response. Performance peaks under the heightened activation that comes with stress. Intermittent stressful events keep the brain more alert. For animals, physical threats in their surroundings result in stress that keeps them alert and alive. This is also the case for humans. The onset of stress entices the brain into growing new cells responsible for improved memory.

However, this effect is only seen when the stress is intermittent. Beyond a certain point, stress stops being helpful. As the human brain evolved and increased in complexity, it developed the ability to ponder on events, which creates frequent experiences of prolonged stress. As the stress continues into a prolonged state, it suppresses the brain's ability to develop new cells, and decreases cognitive performance. Chronic stress causes wear and tear on the body as well, by increasing the risk of depression, heart disease, and obesity.



Stress is subjective and under control, under normal circumstances. However, the modern day urban rat race has resulted in a prolonged state of stress. Therefore, to remain calm under pressure and chronic stress has a positive impact on performance and health of an individual in the modern society.

Top performers have well-honed coping strategies that they employ under stressful circumstances. This lowers their stress levels regardless of what's happening in their environment, ensuring that the stress they experience is intermittent and not prolonged. Taking time to contemplate what improves mood, because it reduces the stress hormone cortisol by 23%. People who worked daily to cultivate an attitude of gratitude

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experienced improved mood, energy, and physical well-being, due to lower levels of cortisol.

Positive thoughts help make stress intermittent by focusing brain's attention onto something that is completely stress-free. Any positive thought will do to refocus attention, when it is stressful. Thinking about at least one positive thing that happened, no matter how small, is helpful. When feeling stressed, close the door, put away all other distractions, and just sit down and breathe. It is all right if sidetracked by another thought; bring focus back to breathing. Techniques designed to eliminate negative thought loops can have important positive effects on stress, emotions and key physiological systems.

Sleep recharges the brain so that during the day it is alert and clear-headed. Self-control, attention, and memory are all reduced when sleep deprived, which raises stress hormone levels on its own, even without a stressor present.

By recognizing weaknesses and asking for help when a situation is challenging and overwhelming, one can be calm and productive. It is normal for people to miss the wood for the trees, unless they step back and get a better perspective. An outsider may offer a different perspective. Consulting and discussing with colleagues and friends may mitigate the stress and strengthen relationships.

Regular exercise is another habit to develop to avoid depression, stay emotionally balanced and reduce stress. And healthy diet with fresh and nutrient-balanced foods while feeling emotionally balanced and peaceful will help to carry on successfully and to keep calm!

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[Impact of a workplace stress reduction program](#)

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"Earth provides enough to satisfy every man's needs, but not every man's greed." - Mahatma Gandhi
Hinduism is a way of life, with diversity of religion, and Indian teachings share the importance of seva (service).

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[Om! Asatoma Sadgamaya, Tamasoma Jyotirgamaya, Mritvorma Amritangamaya, Om Shantih, Shantih, Shantih!](#)
[\(Aum! Lead the world from wrong path to the right path, from ignorance to knowledge, from mortality to immortality and peace!\)](#)

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