What is Yoga?

- Yoga is an ancient philosophy of life as well as a system of exercises that encourage the union of mind, body, and spirit.

- Yoga derived from the Sanskrit word meaning “YOKE”, or UNION.

- Ultimate goal of yoga is to achieve a state of balance and harmony between mind and body.
History of Yoga

• Evidence that yoga was practiced as early as 5,000 years ago.
• Primal drawings walls of caves in the Indus Valley in Northern India.
Yoga Language

- Asanas
- Pranayama
- Sanskrit
- Prana
- Chakras
- Dhyana
- Hatha Yoga
Benefits of Yoga

- Aids in circulation
- Tones organs
- Frees breathing
- Is cleansing
- Boosts self-esteem
- Improves muscle tone, flexibility, strength and stamina
- Lowers blood pressure and cholesterol
- Reduces stress and tension
- Improves concentration and creativity
- Creates spirituality
- Lowers fat
- Stimulates immune system
- Creates sense of well-being and calmness
Types of Yoga

- **Bhakti Yoga**: discipline of love and devotion
- **Dhyana Yoga**: discipline of meditation
- **Hatha-Yoga**: discipline of force and action
- **Karma Yoga**: discipline of self-transcending action
- **Mantra Yoga**: discipline of numinous sounds
- **Purna Yoga**: discipline of wholeness or integration
Hatha Yoga

- Places special emphasis on physical postures integrated with Pranayama
- Allows you to have complete control over mind and body
- Controls spirit
Things to remember

• Breathing Control

• Conscious stretching-no pain should be felt

• Counter positions or balance-must treat body equally by stretching each side of body equally
Pranayama

• Inhalation:
  • Chest expands, head up, limbs extended outward, and retain the breath

• Exhalation:
  • Chest releases the air, in contraction motion
Asana

• Moving into the pose

• Maintaining the pose

• Coming out of the pose
Yoga and Stress Relief

- Yoga increases awareness of muscle tension
- Promotes movement and circulation
- Cleanses the body with movement and increases circulation to parts of body
Poses for Stress Relief

- Tree Pose
- Kneeling Pose
- Child’s Pose
- Mountain Pose
- Warrior II
- Lightning Bolt
- Bow Pose
- Upward Facing Dog
- Half Fish Pose
- Corpse Pose
Spirituality

- The realization of the universality of Truth and the experience of bliss.
- It is an opportunity to realize and become conscious of a Supreme Reality.
- You've got to live it!
- One's spiritual fitness is determined by the feeling of oneness, the desire to be with the divine all the time and the strength of one's will power.
Spirituality vs. Religion

• Spirituality is at the core of all religions. However, all religions have forgotten this core and fiction seems to have replaced fact. Religion has come to mean 'blind organized faith' and has become dogmatic and fundamentalist in its views.

• Spirituality is an one-on-one communication with the Divine, without the influence of any organization or a set of dogmatic views. It is based more on personal experiences rather than the experiences of others.
Spirituality and Yoga

• Yoga is Self-conquest

• Since the Divine is universal, there is no religion in yoga. There are various philosophical approaches to yoga, but the aspirant is free to choose whatever path he deems fit.
Poses for Spirituality

• Bridge Pose
• Cobra Pose
• Camel Pose
• Fish Pose
• Yoga Mudra
• Seated Meditation
Chakras

• There are seven Chakras
  • First Chakra Muladhara
  • Second Chakra, Svadhisthana
  • Third Chakra, Manipura
  • Fourth Chakra, Anahata
  • Fifth Chakra, Visuddha
  • Sixth Chakra, Anja
  • Seventh Chakra, Sahasrara
Yoga can be practiced ANYWHERE/ ANYTIME

- Must be comfortable to the yogi
- Can be practiced in the morning, afternoon, or evening
Anxiety And Stress Management

• What we’ll cover
  • What is stress?
  • What causes stress?
  • Strategies to reduce stress
  • Strategies for dealing with stress
What is stress?

- Stress is the way that you react physically, mentally and emotionally to various conditions, changes and demands in your life.
- Many students experience varying levels of stress each semester.
- High levels of stress can affect your physical and mental well-being and academic performance.
Symptoms of stress

- headaches
- nervous stomach
- change in appetite
- rapid breathing
- rapid heart rate
- sweaty palms
- irritability
- anxiety
- fatigue
- insomnia
- dissatisfaction
- anger
- depression
- inability to concentrate
Exercise: Reflect on a stressful situation

• Write a brief description of a recent situation that caused you stress. Summarize your mental, emotional and physical states at the time.
What causes stress?

- Anxiety: uneasiness and distress about future uncertainties
What causes stress?

• Changes in life’s expectations or demands
  • Ex. Marriage, divorce, pregnancy, illness, bills, increasing demands of a university course load
What causes stress?

- Disorganization: feeling unprepared and powerless
What causes stress?

• Physical Constraints
  • Ex. Physical exhaustion, lack of good exercise and diet strategies
What causes stress?

- Time constraints: multiple projects and deadlines
Exercise: Self-assessment

• Take the anxiety/stress assessment
• Use the results of this assessment to pinpoint specific causes of stress in your life. What (if any) control do you have over these areas of your life?
• Make a list of things that you can do to lessen your stress.
Strategies to reduce stress

• **Take control.** Manage your time instead of letting it manage you. Use a to-do list, follow a written plan, set goals and follow through.

• **Avoid procrastination**, a major cause of stress. Make a realistic list of things you need to do each day. Do the most important things first. That way, even if you don’t finish the list, you get the most important things done.
Strategies to reduce stress

• Take a break
  • Sometimes it is better to get away from the situation for a short time. Take a brisk walk, focus on pleasant thoughts. Then, go back to the task feeling refreshed and ready to tackle whatever it is you have to do.
Strategies to reduce stress

- **Work on your attitude**
- **Put things into perspective.** Do not take yourself too seriously.
- **Think positive.** “If you think you will fail, or think you will succeed, you are probably right.”
  --Henry Ford
Strategies to reduce stress

• Get help
  • See your instructor, go to tutoring, and participate in study groups. See how to form a study group.

• Keep in touch with friends and family, and develop a support group.
Strategies to reduce stress

- **Physical stress busters**
  - Eat right, exercise regularly and get plenty of rest
Strategies to reduce stress

• **Practice, practice, practice**
  • Build your confidence: do extra math problems, practice test-taking at home, rehearse your speech a couple of times before the presentation
Self-reflection

• Go back to the stressful incident that you described in the first part of the workshop.
  • List some strategies for dealing with the situation,
  • List some things you could have done to prevent it from being stressful.
  • List some ways you can avoid a reoccurrence of such a situation in the future.
Strategies for dealing with stress

• No one can avoid stress all the time. In a stressful situation, try these tips to help you overcome the effects of stress.
Strategies for dealing with stress

• **Join the crowd**
  • Even though you may think you are the only person in the world who is experiencing stress, the fact is that everyone experiences it sometime.
Strategies for dealing with stress

• Talk to someone
  • Find someone you trust, discuss the problems and look for solutions
Strategies for dealing with stress

• Put it in perspective
  • Chances are, this is only one small part of the rest of your life
Strategies for dealing with stress

• **Visualize**
  • Sit comfortably and think of a favorite place. Imagine yourself in a successful situation.
Strategies for dealing with stress

• Breathe
  • Sit quietly, and breathe deeply and slowly. Continue for five or six breaths. It is calming and the extra dose of oxygen increases the brain’s thinking ability.
Strategies for dealing with stress

• It’s all in your head... and shoulders
  • Roll your head loosely in a wide circle. Repeat five times. Tighten right shoulder and raise it as far up as possible and hold, then relax slowly. Repeat with left shoulder. Repeat with both shoulders.
Strategies for dealing with stress

- Go on a diet
  - Eating light and avoiding sugars can help with performance and lessen stress. In a stressful situation like an exam, have a light meal of mostly protein. Remember, a heavy high carbohydrate meal can put you to sleep.
Strategies for dealing with stress

- **Lighten up**
  - Take responsibility for your feelings. When you get angry, take a break and cool down before you act.
Strategies for dealing with stress

- **Use it**
  - A little stress is a good thing. Athletes use it to increase performance. If you are experiencing a small amount of anxiety, it can help to keep you active and alert. Use it to increase your performance.
Summary

- Stress is mental, emotional and physical tension, strain, and/or distress
- The signs of stress are classic. You may get a headache, stiff neck, backache, become irritable, lose your temper, and you may feel exhausted and find it hard to concentrate.
- When these symptoms appear, recognize them as signs of stress and find a way to deal with them. Just knowing why you’re feeling the way that you are may be the first step in coping with the problem.
Apply what you’ve learned

• Write about a situation where you would normally experience a high level of stress, (i.e. taking a test, giving a presentation, etc).
• Is the stress a bad thing?
• Can it be used to increase your performance?
• How would you do this?
• What coping strategies can you use to help you deal with the situation?