



Enhancing Performance & Managing Stress With Yoga

Hyderabad

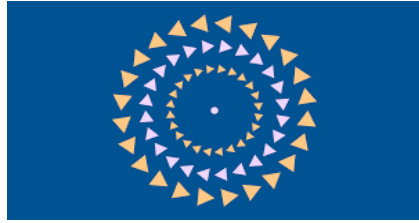
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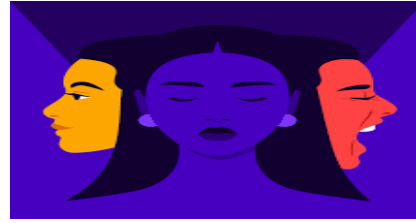
SOME ELEMENTS OF PERFORMANCE



SKILLS



CONCENTRATION



EMOTIONAL
REGULATION



STRESS
MANAGEMENT



ENERGY



PROVEN TO IMPACT THESE ATTRIBUTES

WHAT IS YOGA

योगश्चित्तवृत्तिनिरोधः ॥२॥

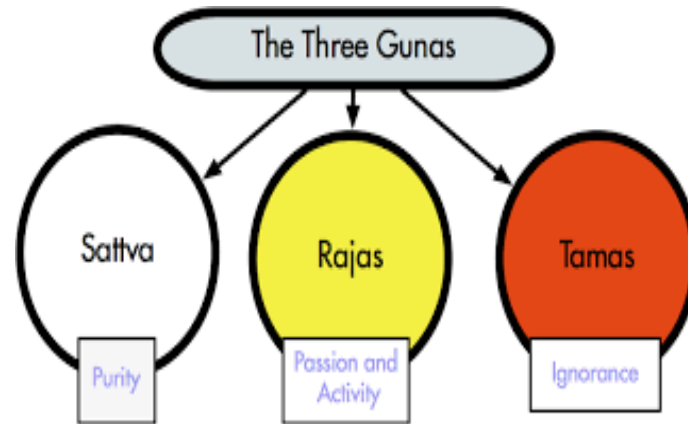
Yogaścittavṛttinirodhaḥ||2||

Yoga is blocking the modifications of mind ||2||

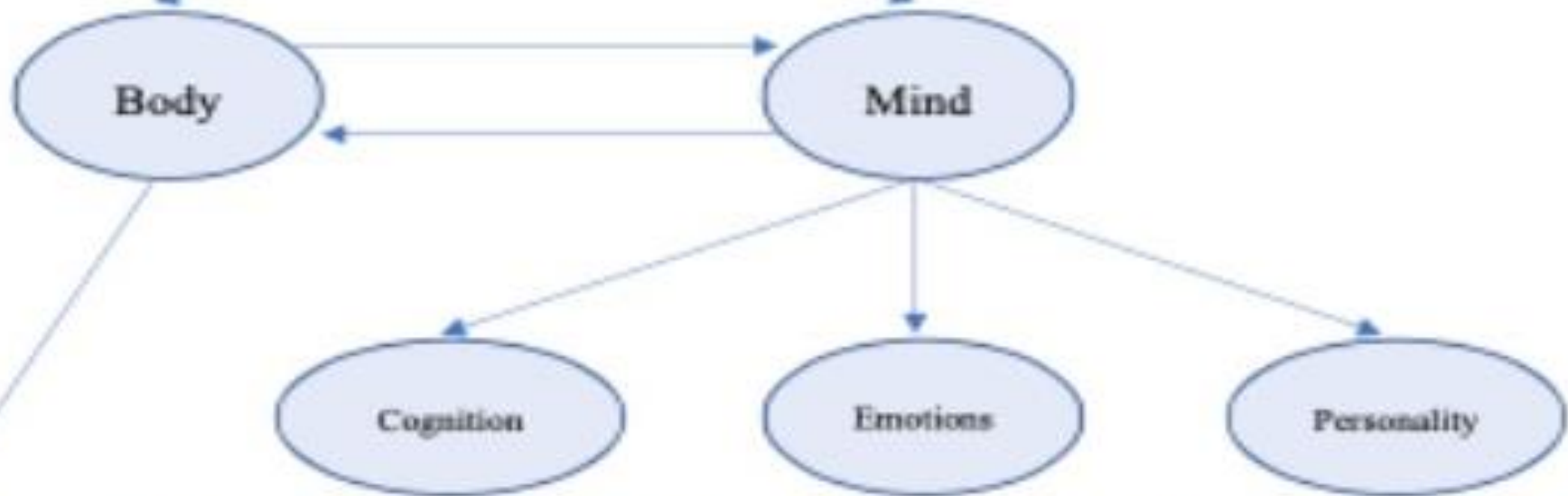
ASHTANGA YOGA OF PATANJALI



HOW YOGA WORKS



The practice of yoga
Asana Pranayama Pratyahara Dharana



Traditional knowledge:
Unblocks energy channels, free flow of prana, exercise:
Steadies body, increases flexibility, improves fitness, enhances physiological health, increases vigour

Traditional Knowledge:
Channels *pranic* energy to brain, calms mind, balances left & right brain:
Removes mental dullness, stimulates brain, clarity of thinking, one-pointed attention

Traditional Knowledge:
Calm mind calms & controls emotions:
Anger, stress, anxiety control, enhanced control over impulses & emotions

Traditional knowledge:
Increase in *sattva*, reduced *rajas* & *tamas*:
Increased *sattva* translates to tranquillity, enthusiasm, cheerfulness, sensitivity to others & courage

STRESS MANAGEMENT WITH YOGA



Stress - Natural defensive response to prepare body for fight or flight: EUSTRESS

Stress persists when person lacks means to relieve stress

Then EUSTRESS becomes DISTRESS



1. Contracted Muscles
2. More Glucose for energy
3. Dilated blood vessels to supply glucose fast
4. Higher Breath rate to supply more oxygen
5. Sweating to dissipate heat
6. Higher Heart rate to pump more blood
7. Impaired digestion since it can wait



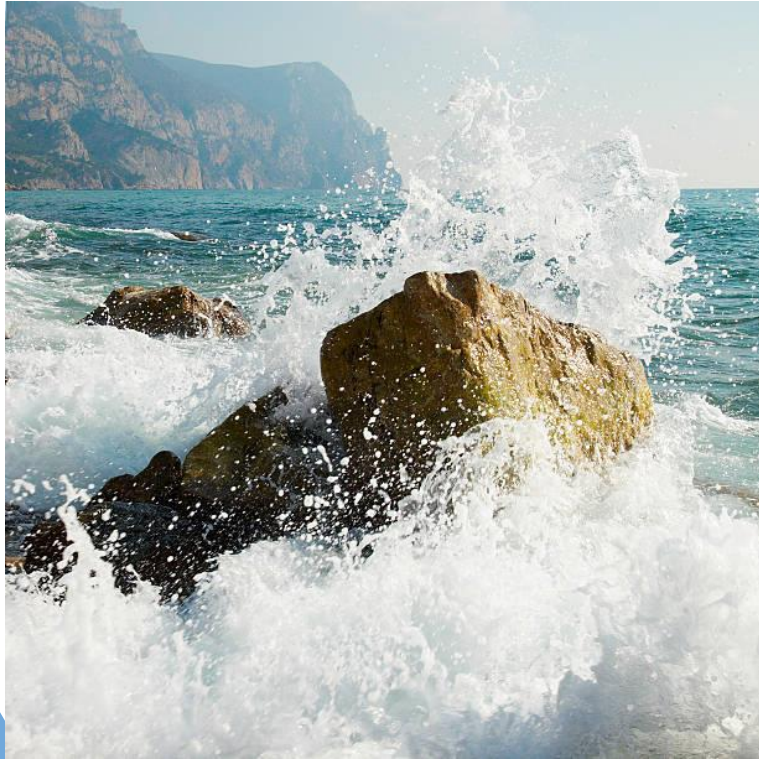
SYMPATHETIC

Controlled by **hypothalamus** to send electrical impulses thro nerves to activate changes for fight/flight

Activates Pituitary, Thyroid, Adrenal Glands secrete stress hormones - Adrenalin, Thyroxin, Cortisol, Prolactin, DHEA

PARASYMPATHETIC

Controlled by **vagus nerve** that permeates organs. Assists in normalizing body after stress stimulus gone



Why Stress Persists

Because we do not allow normalcy to return

- Caught up in successive demanding situations
- Target driven
- High sensitivity or alertness
- Perfectionism

Resulting in

- **Physical** - stiffness, back pain, joint pain, gastric, BP, Diabetes etc.
- **Psychological** - Workaholism, Difficulty in decision making, Day dreaming, Forgetfulness, self-worth issues, relationship issues

Dysfunctional Coping Mechanisms

- Alcohol & substance abuse, Sexual indiscretion, Anger, Mistrust, Irresponsible behavior





Yogic Definition of Stress

SPEED OF THOUGHT



PSYCHIC	Manomaya Kosa Psychological warnings
PSYCHOSOMATIC	Pranamaya Kosa Physical warnings
Somatic	Pranic Disturbance Organs affected
Organic	Annamaya Kosa Settles in organs

