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## STRESS MANAGEMENT WITH SPIRITUALITY

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### Abstract

*Stress is a kind of psychological enhancer which can enhance your positive thinking as well as your negative thinking. For maximum people it acts as negative enhancer were as there are very less people who have the capability to use it to increase their positive thinking or to motivate themselves. As it is psychological so it depends on your point of view how you take it. So we live in a world which is full of stress. We need some method to take care of stress in such a way that either we use it in positive way or it become negligible that it does not effect us. It cannot be completely finished as it is linked with our emotions but it can be controlled and can be used as in positive way. Spirituality is one of the best ways to do this. All our holly books contains all the ways to control it some of the ways I had discussed here.*

### Introduction

Let us start this article with a question, “ How many people are there who feel stress every day?” I think 99.9 percent. I don’t know whether you all agree with me or not, but almost every one in this world feel stressed because of small or big things happening in their life.

But what about 0.1 percent people in this world, don’t they feel stressed or they are able to control it in such a way that it is almost negligible. Yes, this is what I m going to discuss in this article. There are many different ways by which we can remove our stress, I tried many but none of it worked for me, but this one is realy powerful. It worked for me may be it works for you.

### Methods

Try to follow the following points.

#### **1. Don’t try to compare yourself with others:**

We do this at home , in work place, in market or where ever we go it gives rise to a sense of competition with others and when we are not able to compete with others it becomes stress and we start fighting with it which makes us more stressed. So stop comparing yourself you are unique and best in yourself try to be what you are. Try to focus on what you have in place of what you don’t have, otherwise it will be never ever enough. Don’t try to be perfect no one is perfect be grateful to God for what you have.

#### **2. Accept people as they are:**

We don’t like people if they are not like what we want, then it becomes stressful to work with them or to live with them. Just accept them as they are they might have some thing in them which you might like focus on it rather than focusing on what you don’t like in them.

#### **3. Stop having happiness from material things:**

We have lots of desires and it keeps on increasing. And we feels happy when we get it and sad when we lost it or doesn’t gets it which makes us stressed. To full fill are desires we

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keep our self in lots of stress. To fulfill these desire we need money .More desire you have more money you will require to full fill it more stress you will have. Its just like hunger which never ends but keeps on increasing and gives lots of stress. And we keep on working like a machine. We should be thankful to God for what we have.

#### **4. Change yourself instead of changing others:**

I think we all agree with the phrase “ SURVIVAL OF THE FITTEST” which was given by Herbert Spencer which is absolutely true. So to achieve this we need to learn to adapt our self according to place, environment and people by changing our self in place of changing others. Update yourself and learn more skills which will make you versatile and capable of reducing stress. Forget your past and start living in present or make your past your strength by correcting all those mistakes you made in past. Connect yourself with your family, with your friends, with your co-workers with all those people who come in contact with you try to understand them, it makes your life easy and stress free.

#### **5. Don't expect anything from others:**

When we do something for others then we expect same from them. And if we don't get it we get emotional which give rise to stress. Don't expect anything in return from your family, your friends, your head, co-workers and others people for what you have done for them. Just think that they need it and you had helped them that's all. And when you will need it then there might be someone who will help you. But when someone helps you return back it in some way don't keep it with you. It will give you internal happiness and peace which will release your stress.

#### **6. Stop proving yourself to everyone:**

You need not to prove yourself to others just do your work that's all. We every time try to prove our self to others on work, in office, at home and when we are not able to prove our self up to their mark we feel stressed. There is no need to prove yourself to others just do your work honestly and thank to God that is more than enough.

#### **7. Forgive others and yourself:**

This is one of the most difficult part of life to do. Forgiveness is one of the most powerful and easy way to keep yourself stress free. In day to day life we come across may people who do good things and bad things with us and we keep on thinking of bad things in place of good so we keep our self in stress. Forgive those people and your stress will go with them. Forgiving others releases us from anger and allows us to receive the healing we need. Some time we do make mistakes some time small and some time quite big, forgive yourself by trying to rectify the mistakes you made in your life. By doing this you will feel stress free and inner peace.

#### **8. Don't judge others:**

Don't judge others , everyone is right in their own perspective we just need to understand them. We every time try do judge others like he is not good in this work and he is in my team how will I do my work, which keeps us in stress and we are not able to give our best. So if we try to understand people in place of judging them we can give our best and can work with them stress free. When we judge others we try to prove our self better or try to



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hide our mistakes what if we don't judge any one , we don't have to prove our self, no one is better or special, we are what we are. We are in peace no stress.

### **9. Stop complaining:**

When we feel stressed we try to hide it by complaining others. It can create anger and more serious level of stress in us and people around us. We keep on complaining for one or other things with our family, friends , at our work places, in society with system, our government which just increases stress between us. There is no solution to it . It keeps on increasing because we are not ready to accept the things as they are. Accepting the things doesn't means we step back but it means that we understand it in better way, so that we can find solutions of problems in stress free environment. Life without complains means Sole in peace.

### **Conclusion**

From above discussion I think you all will agree with me that if we follow even some of the thoughts given in our holly books we can live stress free life.

### **REFRENCCESS**

1. [https://en.wikipedia.org/wiki/Psychological\\_stress](https://en.wikipedia.org/wiki/Psychological_stress)