

STRESS MANAGEMENT THROUGH MEDITATION

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ABSTRACT:

Meditation can wipe away the Day's stress bringing with it inner peace. So whenever we want to reduce stress during work environment we a practice meditation to reduce it. If stress has one of anxious tense and worried in work we how to consider meditation. Spending even a few minutes in meditation can restore our clam and inner peace. Mediation is very simple, anyone can practice. It's simple and inexpensive, and it doesn't require any special equipment. And we can practice meditation wherever we are whether we are out for a walk during work, in office or even in the middle of a difficult Business meting. Meditation has been practiced for thousand of year. This away meditation is used for relaxation and stress reduction. Today our life is so fast we don't have that much to relax. But with the help of mediation technique of stress management. We can reduce our stress a lot. This process results in enhanced physical and emotion all well – are being.

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INTRODUCTION:

Meditation can wipe away the day's stress bringing with it inner peace. See how you can easily learn to practice meditation whenever you need it most. If there is a stress which gives us anxious, tension and worried at work we have to consider meditation. Even if we spend a few minutes in meditation that gives us calm and inner peace. Meditation is one of the activities which can be practiced by anyone. It is simple and inexpensive and it doesn't require any special equipment and we can practice meditation wherever we are – whether we are out for a walk riding the bus waiting at the doctor's office or even in the middle of a difficult and complicated business meeting.

UNDERSTANDING MEDITATION

Meditation has been practiced for thousand of years. Meditation originally was meant to help deepen understanding of the sacred and mystical forces of life. These days, meditation is commonly used for relaxation and stress reduction. Meditation is considered type of mind body complementary medicine. Meditation produces a deep state of relaxation and a term quiet mind. During meditation, you focus your attention and eliminate the stream of jumped thoughts that may be crowding your mind and causing stress. This process results in enhanced physical and emotional well being.

BENEFITS OF MEDITATION

Meditation can give you a sense of calm, peace and balance that benefits both your emotional well-being and your overall health. And these benefits don't end when your meditation session ends. Meditation can help carry you more calmly through your day and can even improve certain medical conditions.

MEDITATION AND EMOTIONAL WELL BEING:

When you meditate you clear away the information overload that builds up every day and contributes to your stress.

1. The emotional benefits of meditation include.
2. Gaining a new perspective on stressful situations.
3. Building skill to manage your stress.
4. Increase self awareness.
5. Focusing on the present.
6. Reducing negative emotions.

7. Improving memory power.

MEDITATION AND ILLNESS.

Meditation also might be useful if we have a medical condition. Especially one that may be worsened by stress. While a growing body of scientific research supports the health benefits of meditation some research believe it s not yet possible to draw conclusions, about he possible benefits of meditation

With that in min meditation may help us in such conditions

Asthma	Binge eating	Concern	Allergies
Anxiety disks or dress	Sleep problems	Depression	Fatigue
Heart disease	High blood pressure	Pain	Substance abuse

In some cases meditation can worsen symptoms associated with certain mental health conditions, meditation is not a replacement for traditional medical treatment. But is may be a use full addition to your other treatment.

TYPE OF MEDITAITON:

Meditation is an umbrella term for the many ways to a relaxed that of being. There are many types of meditation and relaxation techniques that have meditation components. All share the some goal of achieving inner peace. There are many ways with the help o which we can do meditation.

GUIDED MEDITAION:

In this type of mediation, sometimes called guided imagery or visualization, with this method of meditation you form mental images o places or situation you find relaxing. We can try to use as

many senses as possible, such as smell, sights sound and textures. We can do this practice by a guide or teacher that why this type of meditation is called guided mediation.

MANTRA MEDITATION:

In this type of meditation, you silent by repeat a calming word, though or phrase to prevent distracting thoughts.

MINDFULNESS MEDITATION:

This type of meditation is based on being mindful, or having an increase awareness and acceptance of living in the present moment. If we broaden ours conscious awareness.

IS GOING:

This practice generally combines meditation, relaxation, physical movement and breathing exercise to restore and maintain balance. Is going (Cheep –going) is part of traditional Chinese medicine.

TAI CHI:

This is a form of gentle Chinese martial arts. In tai chi (Tie – Chee), you perform a self – paced series of post wear or movement in a slow, graceful manner while practicing deep breathing.

TRANSCENDENTAL MEDITATION

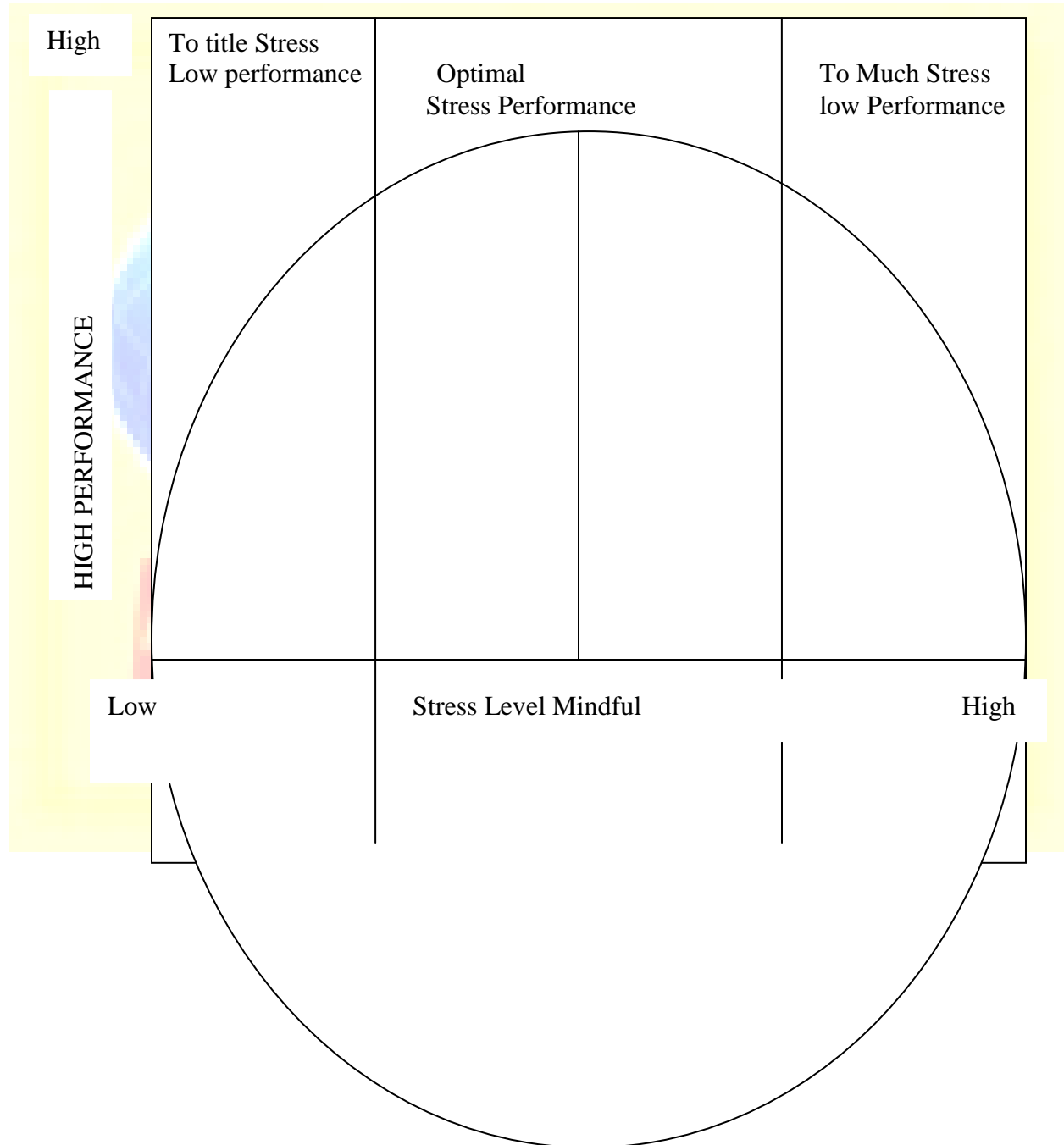
We can use a mentor such as a word sound or phrase repeatedly silently, to narrow our self conscious awareness and eliminate all thought from your mind. You focus exclusively on your mantra to achieve a state of perfect stillness and consciousness.

YOGA:

We perform a series of postwar and controlled breathing exercise to promote a more flexible body and a calm mind. As when we move through poses that esquire balance and concentration. After doing their we encouraged to focus less on our busy day and more on the moment.

NEED AND SCOPE OF STUDY:

The study is very important as today people are stressed from overwork, job security information overload and the incurring pace of life. Stress deteriorates the performance of employee which result sin low turnover rates of the company. Stress is the body physical and psychological response to anything that perceived as irresistible.



Stress deteriorate the performance of employee which results in low turnover rates of the company, stress the course of stress include any environment conditions that place a physical or emotional demand on a person. Basically there are four main types of work related stressors. Interpersonal role related task control, and organization and physically environment stressor.

RESEARCH OBJECTIVE AND METHODOLOGY:

The main objective of present research into analyses the various factors causing stress at workplace. It aims at suggesting certain stress management techniques like yoga meditation and soothing tumor to minimize the stress level of employees. The study is exploratory in nature and basically based on secondary data. For this purpose various book, magazines journals Newspapers, various websites of internet were referred. The research is carried out by doing rigorous literature review of the researches done on the stream management techniques like yoga; meditation and soothing hummer as a tool for interventions to reduce combat the work please stress

COURSE AND CONSEQUENCES OF WORKPLACE STRESS

COURSES:	<p>S</p> <p>T</p> <p>R</p> <p>E</p> <p>S</p> <p>S</p> <th data-bbox="1003 254 1550 348">CONSEQUENCE OF DISTRESS</th>	CONSEQUENCE OF DISTRESS
<p>WORK RELATED STRESSORS</p> <ol style="list-style-type: none"> 1. Inter – personal stressors 2. Role – Related Stressors 3. Task Control Stressors 4. Organizational – Physical Environmental Stress. <p><u>NON – WORKSSTRESSORS:</u></p> <ol style="list-style-type: none"> 1. Time Based 2. Strain Based 3. Role – Based Conflict <p><u>INDIVIDUAL DIFFERENCE:</u></p> <ol style="list-style-type: none"> 1. Personal health 2. Knowledge Skill 3. Copying Skills 4. Resilience work holism 		<p>PHYSIOLOGICAL:</p> <ol style="list-style-type: none"> 1. Heart diseases 2. Head aches 3. Sleep disturbances 4. Increased idleness <p>PSYCHOLOGICAL:</p> <ol style="list-style-type: none"> 1. Job – disk – satisfactions 2. Low commitment 3. Depression 4. Burnout <p>BEHAVIOURS:</p> <ol style="list-style-type: none"> 1. Low job performance 2. More accidents 3. Facility decedents 4. Turnover / absent

THE ORGANIZATIONAL ORIENTED STRATEGIES FOR CAPING WITH STRESS:

The corporate body has also a moral responsibility to practice healthy work culture environment. The employee during most of the productive period of the day i.e. eight hours of his awoken period of the day is available in the work place of the company. Each corporate policy makers must analyze their environment evaluative alternative contingency strategies for likely future scenario like one that is being discussed in this present research.

YOGA AND IT IS RELEVANCE TO STRESS MANAGEMENT:

Yoga is one of the six foundations of Indian philosophy and has been used for millennia to study, and experience of complexities of the mind and human existence. PATANJALI yoga sutras outline a skillful way of conducting life that fasters moderation and harmony, many research have note the benefits of exercise diminishing the stress response and a host of studied in relationship to stress, although the studies are less scientifically replicable. None the less several researches claim highly beneficial results from yoga practice in allow awaiting stress and its effects.

MEDITATION AND ITS RELEVANCE TO STRESS MANAGEMENT:

Meditation and relaxation response can help combat stress and revitalize the mind. First choose a word or phrase – such as peace or one. Then sit in a comfortable position close your eyes relax your muscles and allow yourself to breathe slowly and naturally meditation a skill tool for life enhancement, work peace efficiency, stress management emotional and spiritual fulfillment.

CONCLUSIONS AND SUGGESTIONS:

The growing importance of international strategies is felt ore at organizational level. This particulars research was inter needed to study the importance of yoga meditation and soothing humor to cope up with the workplace stress. Stress can be minimized soft companies take the right steps. Stress – free employee performs better, work harder fed happier and have a long term commitment to the organization a compared to their counterparts. From the study it can be suggested that organization can implement even some new innovative practice for stress reduction activities like fun Friday, team outing, yoga a meditation social dance, music Annual

day, Festival Celebration Award ceremonies important corporate event Annual days or any occasion that requires a professional touch to ensure things go just the way you planned.

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