

- Take a break from your work and go for a rejuvenating holiday.
- Take time for personal interests and hobbies.
- A regular exercise program relaxes muscles, lowers resting pulse, lowers the risk of high blood pressure, and decreases stress hormones.



A holiday can refresh your mind and body



Decreasing everyday expenses is an important part of reducing financial stress

- Decreasing everyday expenses is also an important part of managing financial stress. Keeping track of monthly expenses and itemizing bills can help identify ways to cut costs.

- If there are too many tasks to do, make a list and prioritize. The most important task should be handled first. Less important tasks can be done at a later time, or can be delegated.



If there are too many tasks to do, make a list and prioritize

- Try to control your negative emotions like irritability, anger and physical or verbal aggression. Learning to control them is vital. Some simple methods include:

- Breathing deeply in and out
- Counting to 20 before speaking
- Retreating to another room
- Calling a friend
- Reading a magazine
- Taking a hot bath
- Stress can also be released through activities such as crying, laughing, writing and exercising

1 → 20

Counting from 1 to 20 before speaking can help control verbal aggression and check stress resulting due to it

What can Homoeopathy do?

Stress may occur due to various reasons. A qualified homoeopathic physician should be consulted for the selection of right medicine and dosage. However, a few medicine empirically used for treating stress are given below:

Aconitum n., Acid phos., Argentum nit., Arsenic alb., Coffea, Gelsemium, Lachesis, Natrum mur., Nux vomica, Silicea and Tarentula h.



General instructions

- Medicine should be taken after cleaning the mouth and preferably in empty stomach.
- Strong smelling substances like onion, garlic etc. should not be taken within half an hour before and after taking the medicine.
- The medicine should not be taken if the white globules turn yellow, or if the sediments appear in the liquid form of medicine.
- Homoeopathic medicines act better in patients who are not addicted to tobacco products. It is, therefore, advisable to restrict the use of cigarette, bidi, paan masala, alcohol, narcotics, etc. when one is under homoeopathic medication.
- If patient doesn't improve or becomes worse at any time, then a qualified homoeopathic doctor should be consulted.
- During treatment, no other medicines should be taken, unless suggested by a qualified homoeopathic doctor.
- Keep the medicines:
 - Away from strong smelling substances like camphor, menthol etc.
 - In a cool, dry place away from direct exposure to sunlight.
 - Away from the reach of children.



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From



Stress

To



Happiness

With

HOMOEOPATHY

CENTRAL COUNCIL FOR RESEARCH IN HOMOEOPATHY

Stress is a common problem that affects almost every individual at some point in his or her life. It is the emotional and physical strain caused by our response to pressure from the outside world.



Common stress reactions include:

- Tension
- Irritability
- Inability to concentrate
- A variety of physical symptoms like headache, fast heartbeat, excessive sweating etc.

It's almost impossible to live without some stress, but what causes stress for one person may not be stressful for the other. However, if stress is persistent and severe, it may harm one's health, strain relationships with colleagues and friends and make life difficult.

Causes

There are many factors which lead to stress. Identifying the cause of stress and dealing with it in a positive manner can help. A few causes include:

Workplace stress

- Job dissatisfaction
- Too much of workload and limited timelines
- Lack of incentives and sufficient pay
- Office politics
- Conflicts with boss



Study stress

- Exam preparation
- Performance pressure
- Peer pressure
- Expectations of parents

Personal relationships (Inter-Spouse)

- Conflict
- Deception and betrayal
- Hiding facts
- Misunderstandings

Lifestyle

- Heavy drinking
- Excessive smoking
- Lack of physical work
- Insufficient sleep

Life events

- Death of near one
- Divorce
- Mid life crisis
- Exposure to mental or physical abuses at tender age



Conflict in personal relationships can cause stress

Responsibilities

- Financial worries
- Inadequate food, shelter and clothing
- Unemployment



Financial Worry is a common cause of stress



Seeing the glass half empty is a pessimist's approach, while seeing it half full is an optimist's approach. Start looking at things positively!

Other causes of stress

Stress can also be self-generated, by having constant uncertainties or worries, pessimistic attitude, self-criticism, unrealistic expectations or beliefs, perfectionism, low self-esteem etc.

Signs and Symptoms of stress

Physical Symptoms	Behavioural Symptoms
<ul style="list-style-type: none"> • Headache • Backache • Muscle tension and stiffness • Diarrhoea or constipation • Nausea, dizziness • Disturbed sleep • Chest pain, rapid heartbeat • Weight gain or loss • Loss of sex drive • Frequent colds 	<ul style="list-style-type: none"> • Eating more or less • Sleeping too much or too little • Isolating yourself from others • Procrastination, neglecting responsibilities • Using alcohol, cigarettes, or drugs to relax • Nervous habits (nail biting, hasty walk, etc.) • Teeth grinding or jaw clenching • Overdoing activities (e.g. exercising, shopping) • Overreacting to unexpected problems • Picking fights with others

Cognitive (Intelligence-related) Symptoms	Emotional Symptoms
<ul style="list-style-type: none"> • Memory problems • Indecisiveness • Inability to concentrate • Poor judgment 	<ul style="list-style-type: none"> • Feeling tense or overwhelmed • Anxiety and negative thoughts • Agitation and short temper • Restlessness • Irritability and impatience • Inability to relax • Sense of loneliness and isolation • Depression or general unhappiness

Stress can cause or worsen many medical conditions such as

- Chronic pain
- Allergies
- Migraine
- Ulcers
- Heartburn
- Heart disease
- Diabetes
- Asthma
- Menstrual troubles
- Obesity
- High blood pressure
- Eating disorders
- Cancer
- Irritable bowel syndrome
- Skin problems

Coping with stress

Facing the factor causing stress and not running away from it is the most practical method to deal with stress. Following are a few tips that can help you come out of stress.



- Maintain a positive attitude towards life.
- Get physically active by exercising regularly.



- Seek emotional support from your family, friends and other care providers like counselors.
- Have a healthy diet with more proteins and less fats.

- Consume lots of fruits and fluids.
- Develop interest for relaxation techniques like sports, entertainment, meditation, etc.



- Various asanas of Yoga also impart a peaceful effect, both physically and mentally. 'Shavasana' is one well known asana that relieves stress.

- Sleeping your worries away is also a good option.
- Smile as much as you can, even if you don't feel like! You can also laugh your way to mental and physical fitness by joining daily laughter sessions.

