

Stress Management

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By

Dr. Reshma Vadnore

If our bodies are human machines **food is our fuel**. How well we eat, affects how well our bodies work, and how long we live.

It is especially important that we eat healthily as children, as we are still **growing and developing**; a young plant not given proper nutrients grows up to be a poor specimen 😞.

A healthy diet is sometimes called a **balanced diet** as it needs to consist of *different* types of foods.

Eating properly and regularly is really important; what we eat and drink now, affects our health in the future.



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Fruits and vegetables grow on plants: underground, on the ground or in trees.

Every day we should eat at least **5 portions** of fruit and vegetables. (A portion is about a handful.)

Fruit and vegetables give us **fibre** and **vitamins and minerals**.



Dairy foods are made from milk (usually cow's milk, but can be from other animals like goats or sheep). Dairy foods give us **proteins** and **fats**. They are also a good source of **calcium** which is good for bones and teeth.

These foods include:

- Cheese (hard, soft, cottage);
- Yogurt;
- Food high in milk or milk products.





Our bodies need all sorts of chemicals (vitamins and minerals) to be healthy. The most common are:

Vitamin A	Helps maintain eyesight	Sweet potatoes, carrots
Vitamin B	Help body make protein	Green leafy vegetables
Vitamin C	Healing skin, preventing colds	Citrus fruit, tomatoes
Vitamin D	Strengthen bones	Milk Sunlight
Vitamin E	Helps strengthen cells	Vegetable oils, nuts
Iron	Healthy blood	Green leafy vegetables



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Surya Namaskar Postures with Mantras and their Advantages

Sun Salutations or Surya Namaskar postures with Mantras in english, hindi & spanish. It warms up body, flexibility to spine, joints, burns excess fat, trims waist

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PRANAYAMA - (FROM HATHA YOGA AND ASHTANGA YOGA)



"Pranayama is control of Breath". "Prana" is Breath or vital energy in the body. On subtle levels prana represents the pranic energy responsible for life or life force, and "ayama" means control. So Pranayama is "Control of Breath".

One can control the rhythms of pranic energy with pranayama and achieve a healthy body and mind. Patanjali in his text of Yoga Sutras mentioned pranayama as





By Sparshita Saxena

Updated: October 03, 2017 23:10 IST



Highlights

- The word is derived from 'Prana' which stands for 'life force'
- Yogic texts describe Prana as a potent force
- Breathing lies at the center of human existence

Those who follow yoga may have heard of the



10 Ways to Reduce Stress in Your Life

You can't avoid stress. It's part of life. But you can keep it from getting the best of you.

- 1. Talk about what's stressing you.**
 - ✓ You'll feel better and you may be surprised by the support you receive.
- 2. Organize.**
 - ✓ Plan each day; you'll feel more in control.
 - ✓ Group similar tasks together.
 - ✓ Make all phone calls or run all errands at the same time.
- 3. Take one thing at a time.**
 - ✓ Make a to-do list and check off items as they are done. Even a little progress can make a long list seem easier to tackle!
- 4. Exercise.**
 - ✓ Regular exercise is a great way to relieve stress.
- 5. Take care of yourself.**
 - ✓ Get enough sleep and eat a healthy diet.
- 6. Find time for yourself.**
 - ✓ Learn to say "no" to things that aren't as important.
- 7. Laugh.**
 - ✓ Read the comics or watch a comedy. Laughing can be good medicine for stress.
- 8. Resist the urge to be perfect.**
 - ✓ Don't expect too much from yourself. Nobody can do it all.
- 9. Try relaxation techniques.**
 - ✓ Take a deep breath, close your eyes and picture yourself in a peaceful place.
 - ✓ Quiet reflection or relaxing music – even for a few minutes – can help.
- 10. Stay present.**
 - ✓ Try not to worry about the past or future. Keep your focus on today.

WHY KEEP STRESS IN CHECK?
 Too much stress may cause headaches, backaches or problems sleeping. Stress can also lead to serious illnesses such as high blood pressure and heart disease. Taking steps to lower your stress can help improve your overall health!

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10 Ways to Reduce Stress in Your Life (Display Poster)



SURYA NAMASKAR

YOGASANA CHART No. 7

SURYA NAMASKAR

- What is Surya Namaskar?

Surya Namaskar is an ancient form of yoga. It is the art of solar salutations. This form of yoga is a complete, systematic technique based on a sequence of Asanas, Pranayama, Mantras and Mudras.

Surya Namaskar has got three aspects: form, vital energy and rhythm. It is the easiest way for a person to get used to Yoga. It should be done during sunrise or sunset in every posture. In simple words, Surya Namaskar is a combination of 12 different postures, followed in a particular sequence with a specific breathing pattern. It helps an individual to activate and unlock the whole system. It reaches to every part of the body as it stretches each and every muscle and tissue.

The following sequence is pronounced at the end of a Surya Namaskar cycle:

1. Pranayama	2. Bhujangasana	3. Bhujangasana
4. Bhujangasana	5. Bhujangasana	6. Bhujangasana
7. Bhujangasana	8. Bhujangasana	9. Bhujangasana
10. Bhujangasana	11. Bhujangasana	12. Bhujangasana

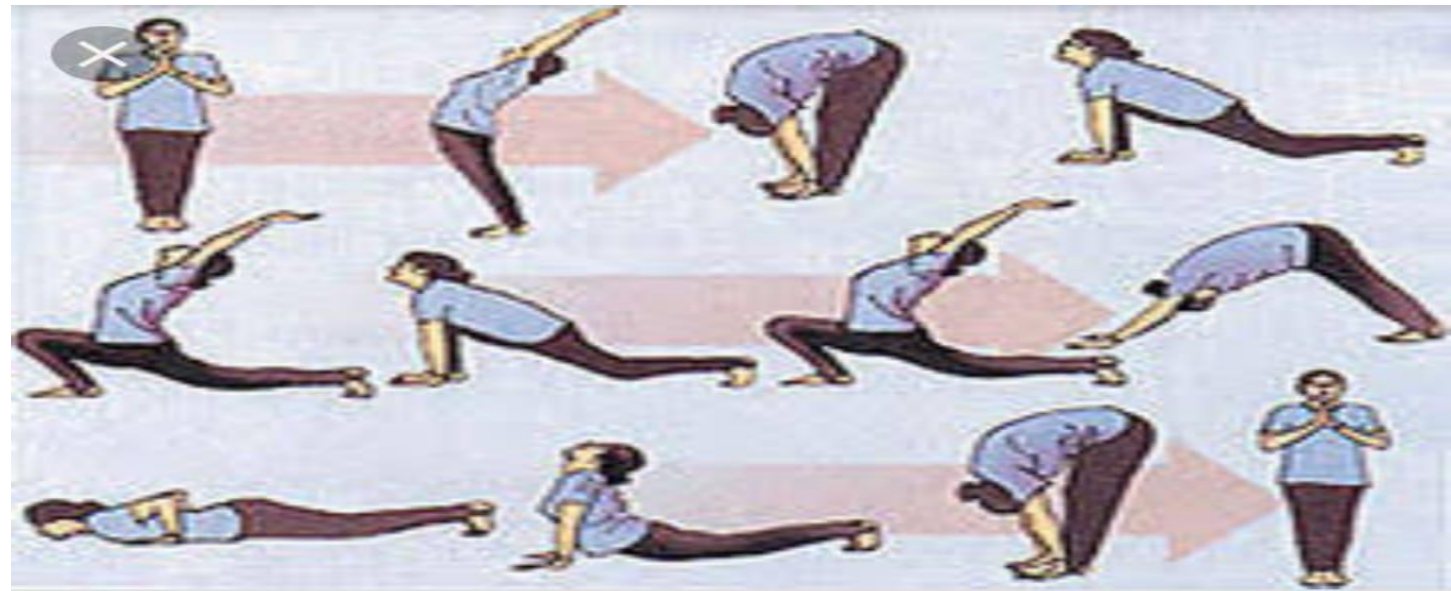
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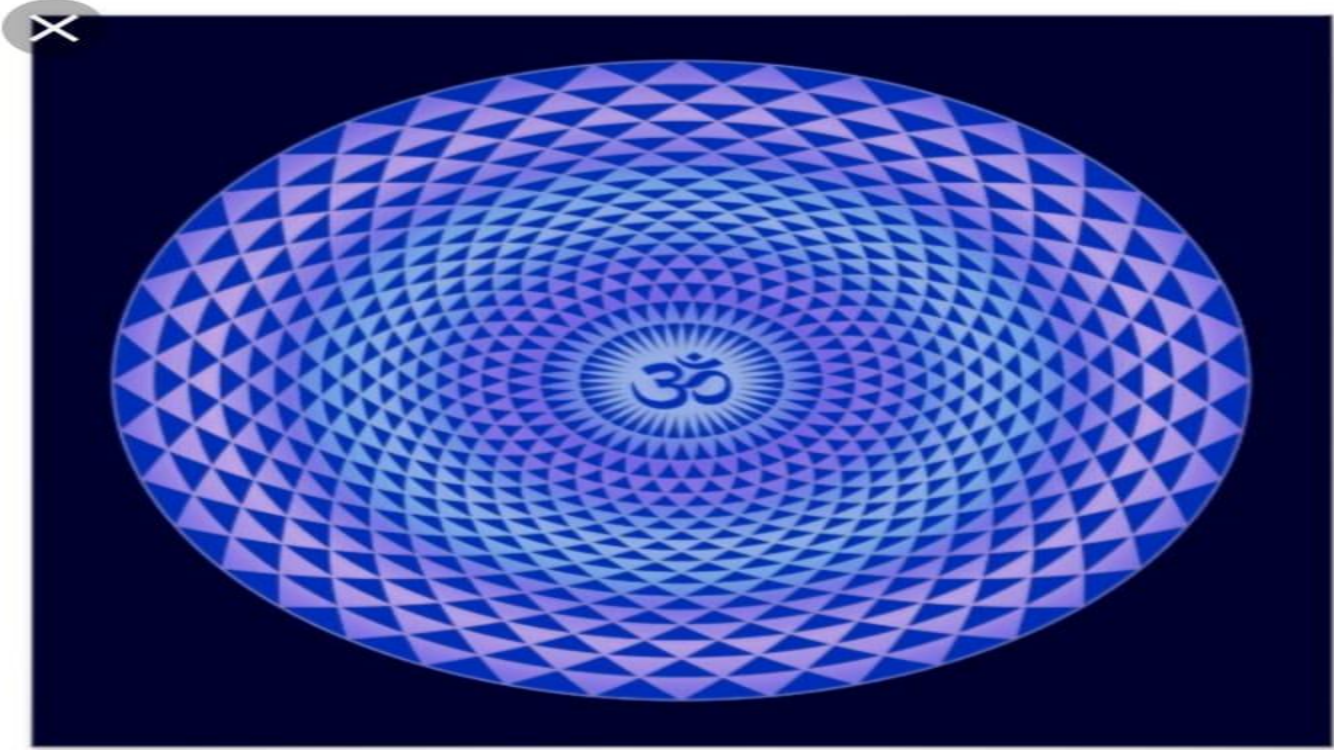
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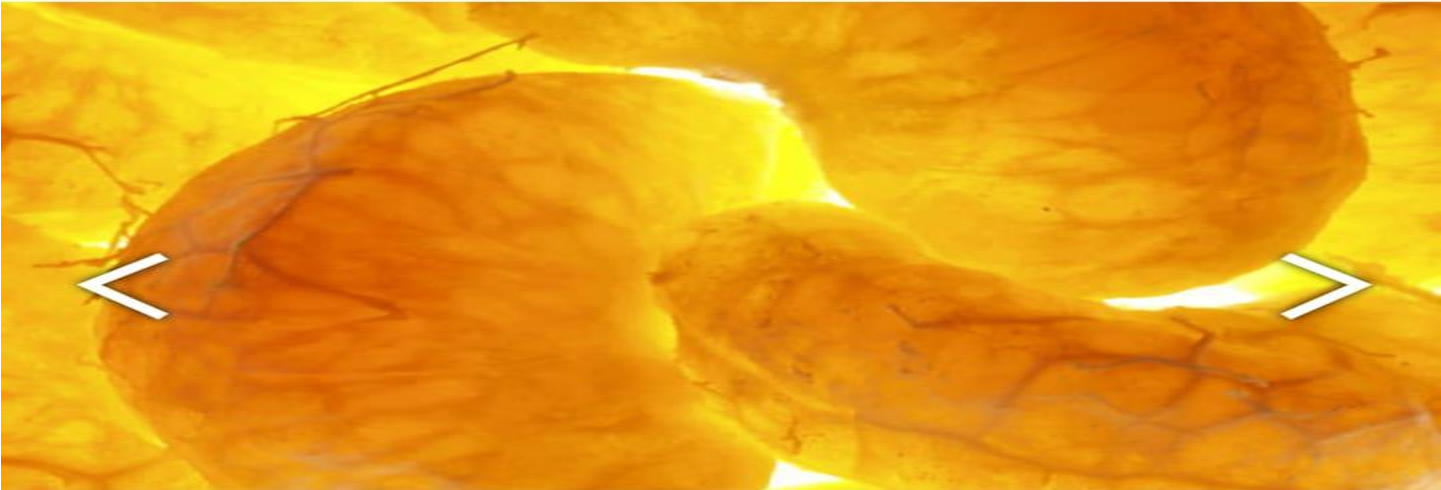


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Oranges

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Oranges make the list for their wealth of vitamin C. Studies suggest this vitamin can curb levels of stress hormones while [Read More](#)

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Milk

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Almonds

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Pistachios

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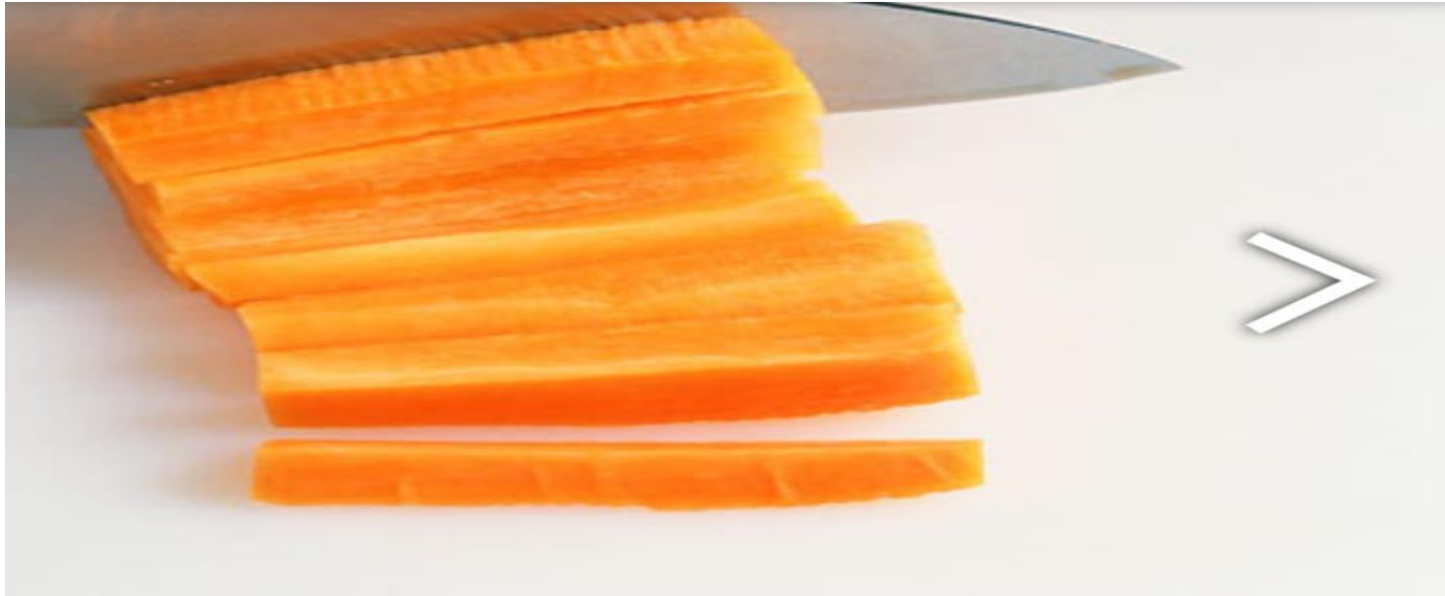
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