

MIND CRIES AND BODY PAINS - MINDING THE BODY; MENDING THE MIND

DEVELOP COPING SKILLS

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It has been a pleasant morning, everything around you seemed to be fine. You wake up at your scheduled time, complete your morning routine, the weather outside is fine, all well in the family and in your immediate surroundings. You have started your day and you are feeling happy and content, you have begun to carry yourself through the day. You have had your breakfast and have just got to your work. However, you start to feel that you have low energy and the enthusiasm is minimal. You feel feverish & dull and you seem to be in a bad mood. You feel like shutting your work or distracting yourself with something that may attract you, in spite of an urgent & important task on hand. Have you experienced this?

Do you know why this happens? **Stress often begins with how you think, the culprit is 'thoughts'**. And how you think determines how you feel - both emotionally and sometimes physically too.



Our mind processes 60,000 thoughts everyday and more often than not, most of the thoughts are negative. When thoughts create strong emotions, the brain releases hormones that spread the emotional news to every system of the body. The Three Big

Negative Emotions are Depression, Anxiety, and Anger. Do you agree? You can deal with them by developing coping skills.

DEVELOP THE FOLLOWING COPING SKILLS:

- a. **KNOW YOURSELF:** Many people have a tendency to keep worrying about their deficits, shortcomings, perceived failure or ruminate over the past negative events. They under-rate their worth, constantly compare themselves with others and have an opinion that they are inferior and cannot do anything. They ignore their assets and capabilities. Therefore, make a list of what all you have, know your assets and feel proud of them. Count on your Blessings. Practice Gratitude. Make a list of your shortcomings and see which could be improved.
- b. **ACCEPT THE PROBLEMS:** Life is not a highway ride, you have to create it. You have to face challenges, unpleasant people or situations. They are inevitable. Accept these challenges and do not expect life to be a bed of roses. Tell yourself that difficulties are rather a norm and not an exception.
- c. **KNOWLEDGE IS POWER:** Ignorance, lack of awareness induce fear. Develop problem solving skills. Leave no opportunity to improve your knowledge in general and issues you are facing in particular. Once you know the ins and outs of your problem, you will certainly find a way to solve it or cope with it.



- d. **CULTIVATE PEOPLE:** Seek Help and Support and in turn Give Your Help. Develop social support network, you need to sow, cultivate and nurture relationships. Talk to people whom you feel confident with and can understand your issues. Do not suffer alone. Discuss the issues. They may give ideas or at least say that they are there to support you. Keep people in good humour. Praise their good aspects. Better stop criticising. Then people will like you and come to your help on their own at the right moment.
- e. **POSITIVE APPROACH:** A positive attitude and approach will certainly help you.

Shun away from self doubt, self criticism and being in a victim mode. Instead practice self love, self compassion, self regulation, self discipline through the following self management strategies.

**HOW TO DEVELOP THE FOLLOWING COPING SKILLS:
through the following SELF MANAGEMENT STRATEGIES:**

1. Walking & Physical exercises
2. Regular food & Sleep Hygiene
3. Breathing exercises
4. Meditation
5. Positive Approach
6. Self Introspection
7. Develop interest in cultural and spiritual activities
8. Shun the superman and superwoman image of yourself
9. Have a family doctor and address any ailment as soon as it appears
10. Help others
11. Develop a sense of humour.

Finally, in the words of Ruskin Bond

I came upon my friend Pitamber dancing on the road one night. 'Why are you dancing in the middle of the road?' I ask. '**Because I am happy,**' he says, 'And why are you so happy?' I ask. He looks at me as if I am a fool. 'Because I am dancing in the middle of the road, he says.

Yes, celebrate life in spite of its odds...!!!!