

THE CONTRIBUTION OF YOGA IN THE MANAGEMENT OF WORK STRESS

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Abstract: In this note we are examining the contribution of yoga in the management of work stress. The need for work, its preservation but also its loss can become sources of great physical and psychological tension. Because of the current financial crisis professional stress has reached alarming levels. This has as a result the transfer of work insecurities to the home. We find that the educational character of yoga while respecting personal boundaries cultivates skill in practice and develops our degree of self – receptivity. This has as a result physical benefits that last beyond the duration of the lesson, such as relaxation, vigilance, resilience and endurance under conditions of intense competitive work stress.

Keywords: work stress, psychology, yoga.

The Digital Age has changed dramatically our lives and has made Image major protagonist in our daily routine. An Image that moves around and does magical things but also an Image without breath. The body suffers when the attention of the mind is shifted to the Image for long periods of time. The process of being in contact with the mind through breathing can bring us back to the present, and restore a feeling of safety to the body. The mind and the body are interconnected. The one is reflected in the other, if the mind is calm and the body relaxed.

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We discover sometimes that the reason we are stressed about is not serious enough or at least not as serious as it seems. Other times, we experience a fear or an insecurity that has nothing to do with the present time. Despite all these, the psychosomatic mechanisms of the body are mobilized intensely for a non existent problem.

Modern sciences like neurophysiology (Boucsein) can register with precision the stress we experience in everyday life. This is done by separating the normal stress that is created by minor changes in our daily lives from the cognitive stress we create

ourselves through the way we perceive things. What really troubles us and creates a lot of tension is the way we perceive conscious intention in relation to our unconscious feelings and intentions. We are all very eager to have a job that fits our intention for one and such an intention must be verified with the living experience.

The story of yoga: Yoga is a science of thousands of years, originating from India. It is the most ancient system of personal development in the world. Despite its Indian origin, it is a primitive dialogue between the body and the mind, aiming at the balance of the two. Such a thing is recognized by all people practicing yoga around the globe. Yoga is more than a work out, it is practicing consciousness. It is a combination of postures and breathing. Breathing is the key. The aim is to balance the nervous system while at the same time exercising the muscular system and the joints. Here lie the roots of neurophysiology where every change in direction creates a corresponding motion that affects us psychosomatically.

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Yoga and work: Modern job demands remind us that for the control of stress, working out in a gym intensively and through repetitive work outs, we will not be very successful at this, since such a process tends to imitate and replicate the working conditions of the work site that lead to exhaustion and fatigue. The human organism needs some privileged moments of calm and honest internal dialogue so as to recharge his energetic batteries and self-regulate so as to become resilient again for the demanding conditions at work. Through this he learns to reduce his energy expenditure, reduce his needs and not increase them in a time of such an acute financial crisis. It is no accident that famous world athletes but also major executive cadres with high standards and aims in the quality of their preparation around the globe exercise in yoga. Such people need to deal with the daily exhaustion that is brought about by immense physical and psychological pressure that can push the organism to levels of physical and psychological breakdown.

The benefits of yoga:

Today's man of big cities needs selective breaks of relaxation and peace. Regular practice of yoga offers:

Nervous balance

Better oxygenation of the brain

Strengthening of the skeleton without exhaustion

Better functioning of the joints in a mild and effective way through old age

Autonomy in his/her choices

Eagerness to learn

Pleasure in breathing

Development of skills

Natural liveliness

Opportunity for all to practice in yoga regardless of specific physical and or psychological needs or disabilities.