



YOGIC PRACTICES AND MINDFULNESS

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Abstract:

Strong mental health isn't just the absence of mental health problems. Being mentally or emotionally healthy is much more than being free of depression, anxiety, or other psychological issues. Rather than the absence of mental illness, mental health here refers to the presence of positive characteristics. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood and old age. It implies that mental health is needed throughout our life.

Key Words: Mental Health, Psychological, Adolescence, Emotional, Illness, Compassion Contentment, Jeevakarunyam, Precontemplation, Solitude, Anxiety, Resilience, Self-Medication, Compulsive, Yogatherapy, Meditation, Affirmation, Exercise

Introduction:

"Take up one idea. Make that one idea your life; dream of it; think of it; live on that idea. Let the brain, the body, muscles, nerves, every part of your body be full of that idea, and just leave every other idea alone. This is the way to success, and this is the way great spiritual giants are produced." – Swami Vivekananda

Our mental health influences how we think, feel, and behave in daily life. It also affects our ability to cope with stress, overcome challenges, build relationships, and recover from life's setbacks and hardships. Mentally tough people refuse to give up after failure and don't let others' judgments affect them. Physical health, mental health must be worked together. Knowing how to regulate our thoughts and control our emotions helps us build mental toughness.

Mentally Strong People:

People who are mentally strong have certain traits such as A sense of contentment. A zest for living and the ability to laugh and have fun. The ability to deal with stress and bounce back from adversity. A sense of meaning and purpose, in both their activities and their relationships. The flexibility to learn new skills and adapt to change. A balance between work and play, rest and activity, etc. The ability to build and maintain fulfilling relationships. Self-confidence and high self-esteem.

Example of Mentally Strong People:

- Vivekanandar: vivekanadar wanted to spread vedhanta Indian vedhic philosophy throughout the world. His mental strength was so strong that he could achieve his goal with in his short span pf life.
- Gandhiji: Gandhiji took the tool of non violence to achieve freedom, not his physical strength but his mental power; inner consciousness gave him strength to fight against mighty britishers.
- Aurobindo: Aurobindo conceives mental strength as a state of mastery. That the other person cannot disturb you. The power of the spiritual Higher Mind. Will help you to achieve that. The ways he has explained in Integral Yoga. wanted to bring supramandalism to earth plane for the salvation of whole mankind,
- Vallar: A great Philosopher and rational thinker of 20th century. Compassion was the essence of his teaching. Jeevakarunyam food for hunger was his Dharmasalai.
- Vethathiri Maharishi: A revolutionary thinker who explicated the complex concept of magnetism in a simple self-transformation theory, and propogated world peace, through individual peace.
- Abdhul Kalam: A very simple man who lived among us, a most powerful personality popularly known as missile man of India, who created the vision of India by igniting the mind of youths explaining that Strength means military might and economic prosperity." He strongly believed his mental power.

Things Mentally Strong People Don't Do:

Amy Morin, a great Psychotherapist and social worker has explicated in detail the chief characteristics of mentally strong people in her book "13 things Mentally Strong People Don't Do". Her books has been translated in 40 languages, her article attract over 2 million people, her ted talks 'The secret of becoming mentally strong' very quickly become one of the top of 15 talks & 14 million views wrote that developing mental strength requires a "three-pronged approach." It's about controlling your thoughts, behaviors, and emotions.

Feeling Sorry for Yourself is Self-Destructive:

Morin wrote, "Indulging in self-pity hinders living a full life." It wastes time, creates negative emotions, and hurts your relationships. Instead you can change it as affirmation. The key is to "affirm the good in the world, and you will begin to appreciate what you have," she wrote. The goal is to swap self-pity with gratitude.

They Don't Give Away Their Power:

People give away their power when they lack physical and emotional boundaries, Morin wrote. You need to stand up for yourself and draw the line when necessary. If other people are in control of your actions, they define your success and self-worth. It's important that you keep track of your goals and work toward them. To grow mentally we should follow five stages of change, -: pre-contemplation, contemplation, preparation, action, and maintenance.

They Don't Shy Away From Change:

Following through with each of the five steps is crucial. Making changes can be frightening, but shying away from them prevents growth. "The longer you wait, the harder it gets," she said. "Other people will outgrow you."

They Don't Waste Energy on Things They Can't Control:

This is what maharishi teaches in his introspection course Worries as 'whatever is predestined to you, has to be undergone'. It simply implies that if the mind accepts the fact, then sufferings become less. "Rather than focusing on managing your anxiety, you try controlling your environment," she said. Shifting your focus off the things you can't control can create increased happiness, less stress, better relationships, new opportunities, and more success.

They Don't Worry About Pleasing Everyone:

We often judge ourselves by considering what other people think of us, which is the opposite of mental toughness. Morin listed four facts about trying to be a people-pleaser: It's a waste of time; people-pleasers are easily manipulated; it's OK for others to feel angry or disappointed; and you can't please everyone. Dropping your people-pleasing mindset will make you stronger and more self-confident.

They Don't Fear Taking Calculated Risks:

They don't take foolish risks, but don't mind taking calculated risks. People are often afraid to take risks, whether it's financial, physical, emotional, social, or business-related, Morin said. But it comes down to knowledge: "A lack of knowledge about how to calculate risk leads to increased fear"

They Don't Dwell on the Past:

Fixating on past mistakes doesn't solve anything, and can lead to depression; rather they can be a benefit to thinking about the past, though. Reflecting on the lessons learned, considering the facts rather than the emotions, and looking at a situation from a new perspective can be helpful, she said.

They Don't Make the Same Mistake Over and Over:

Mentally strong people accept responsibility for the mistake and create a thoughtful, written plan to avoid making the same mistake in the future.

They Don't Resent Other People's Success:

Focusing on another person's success will not pave the way to your own, because it distracts you from your path. Even if you become successful, you may never be content if you're always focusing on others. You may also overlook your talents and abandon your values and relationships.

They Don't Give Up After First Failure:

Thinking that failure is unacceptable or that it means you aren't good enough does not reflect mental strength. In fact, "bouncing back after failure will make you stronger," Morin wrote.

They Don't Fear Alone Time:

Creating time to be alone with your thoughts can be a powerful experience, instrumental in helping you reach your goals," Morin wrote. Becoming mentally strong "requires you to take time out from the busyness of daily life to focus on growth."

Here are some of the benefits of solitude:

- Solitude at the office can increase productivity.
- Alone time may increase your empathy.
- Spending time alone sparks creativity.
- Solitary skills are good for mental health.
- Solitude offers restoration.

They Don't Feel For the World Owes them Any Thing:

It's easy to get angry at the world for your failures or lack of success, but the truth is no one is entitled to anything. It must be earned. "Life isn't meant to be fair," Morin said. If some people experience more happiness or success than others, "that's life - but it doesn't mean you're owed anything if you were dealt a bad hand." The key is to focus on your efforts, accept criticism, acknowledge your flaws, and don't keep score, Morin wrote. Comparing yourself to others will only set you up for disappointment if you don't receive what you think you're owed.

They Don't Expect Immediate Results:

Mentally weak people are often impatient. They overestimate their abilities and underestimate how long change takes, so they expect immediate results. It's important to "keep your eyes on the prize" and relentlessly work toward your long-term goals, she said. There will be failures along the way, but if you measure your progress and look at the big picture, success will become attainable.

How to Boost Your Mental Health?

We often neglect our mental strength. Because in some societies mental and emotional issues are less legitimate than physical issues. Generally we ignore the emotional messages that tell us something is wrong and try toughing it out by distracting ourselves or self-medicating with alcohol, drugs, or self-destructive behaviors. We bottle up our problems in the hope that others won't notice. We hope that our situation will eventually improve on its own. Or we simply give up-telling ourselves this is "just the way we are."

But it is not the correct way. The good news is that, you don't have to feel bad. There are practices you can adopt to elevate your mood, become more resilient, and enjoy life more. But just as it requires effort to build and maintain physical health, so it is with mental health. We have to work harder these days to ensure strong mental health, simply because there are so many ways that life takes a toll on our emotional well-being.

Make Social Connection A Priority-Especially Face-to-Face:

No matter how much time you devote to improving your mental and emotional health, you will still need the company of others to feel and function at your best. Humans are social creatures with emotional needs for relationships and positive connections to others. We're not meant to survive, let alone thrive, in isolation. Our social brains crave companionship-even when experience has made us shy and distrustful of others. Reaching out is not a sign of weakness and it won't make you a burden to others. Make eye contact and exchange a smile, a friendly greeting, or small talk which will enhance your mood.

Staying Active is as Good for the Brain as It Is for the Body:

The mind and the body are intrinsically linked. When you improve your physical health, you'll automatically experience greater mental and emotional well-being. Physical activity also releases endorphins, powerful chemicals that lift your mood and provide added energy. Regular exercise or activity can have a major impact on mental and emotional health problems, relieve stress, improve memory, and help you to sleep better. You don't have to exercise until you're soaked in sweat or every muscle aches. Even modest amounts of physical activity can make a big difference to your mental and emotional health. Try rhythmic exercise that engages both your arms and legs, such as walking, running, swimming, weight training, etc Add a mindfulness element to your workouts. Instead of focusing on your thoughts, focus on how your body feels as you move.

Manage Your Emotions to Relieve Stress:

Stress takes a heavy toll on mental and emotional health, so it's important to keep it under control. While not all stressors can be avoided, stress management strategies can help you bring things back into balance. Face-to-face social interaction with someone who cares about you is the most effective way to calm your nervous system and relieve stress. Interacting with another person can quickly put the brakes on damaging stress responses like "fight-or-flight." It also releases stress-busting hormones, so you'll feel better even if you're unable to alter the stressful situation itself.

Make Leisure Time a Priority:

Partake in your favorite activities for no reason other than that they make you feel good. Go to a funny movie, take a walk on the beach, listen to music, read a good book, or talk to a friend. Doing things just because they are fun is no indulgence. Play is an emotional and mental health necessity.

Make Time for Contemplation and Appreciation:

Think about the things you're grateful for. Meditate, pray, enjoy the sunset, or simply take a moment to pay attention to what is good, positive, and beautiful as you go about your day.

Take up a Relaxation Practice:

While sensory input can relieve stress in the moment, relaxation techniques can help reduce your overall levels of stress-although they're likely to take more time to learn effectively. Yoga, mindfulness meditation, deep breathing, or progressive muscle relaxation can put the brakes on stress and bring your mind and body back into a state of balance.

Eat a Brain-Healthy Diet to Support Strong Mental Health:

An unhealthy diet can take a toll on your brain and mood, disrupt your sleep, sap your energy, and weaken your immune system. Conversely, switching to a wholesome diet low in sugar and rich in healthy fats, can give you more energy, improve your sleep and mood, and help you to look and feel your best. People respond slightly differently to certain foods, depending on genetics and other health factors, so experiment with how the food you include in-or cut from-your diet changes the way you feel. The best place to start is by cutting out the "bad fats" that can damage your mood and outlook, and replace them with "good fats" that support brain-health

Don't Skimp on Sleep-It Matters More Than You Think:

If you lead a busy life, cutting back on sleep may seem like a smart move. But when it comes to your mental health, getting enough sleep is a necessity, not a luxury. Skipping even a few hours here and there can take a toll on your mood, energy, mental sharpness, and ability to handle stress. And over the long-term, chronic sleep loss can wreak havoc on your health and outlook. While adults should aim for seven to nine hours of quality sleep each night, it's often unrealistic to expect sleep to come the moment you lay down and close your eyes. Your brain needs time to unwind at the end of the day. That means taking a break from the stimulation of screens-TV, phone, tablet, computer-in the two hours before bedtime, putting aside work, and postponing arguments, worrying, or brainstorming until the next day.

Find Purpose and Meaning in Life:

Set noble goals try to be more spiritual..Aim for spiritual growth. Everyone derives meaning and purpose in different ways that involve benefitting others, as well as yourself. You may think of it as a way to feel needed, feel good about yourself, a purpose that drives you on, or simply a reason to get out of bed in the morning. In biological terms, finding meaning and purpose is essential to brain health as it can help generate new cells and create new neural pathways in the brain. It can also strengthen your immune system, alleviate pain, relieve stress, and keep you motivated to pursue the other steps to improve mental and emotional health. However you derive meaning and purpose in life, it's important to do it every day.

Conclusion:

One in four people will struggle with mental health at some point in their lives. Due to the outbreak of corona virus pandemic and troubled economy, many are in crisis right now. More than ever, people need a trustworthy place to turn to for guidance and hope. Set a guru or mentor simply follow his teaching. Try to follow his principles. Make yogic practices as a part of your life. This is the best service we can do for society, helping the people to come out of their ignorance, opening their inner consciousness and guiding them for moral and spiritual enhancement.

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