

## HOMOEOPATHY and MANAGEMENT of STRESS in GENERAL



Stress has become an integral part of modern life. Gone are the days when fulfilling the family's daily needs was the breadwinner's sole purpose. In today's world, luxury is coveted, and we want to be a notch above everyone else. The stress of raising a family, handling diseases, work environment, travelling, finances, peer pressures, upward social mobility all are taking a toll on everyone's health. Add to that the stress arising from gender expectations from centuries of norms for half of the population. It is very easy to get lost in such a maze of rat race.

Now, it's neither easy nor practical to tell someone to become a saint and leave all the pleasures of life behind.

Nevertheless, you can constantly introspect, prioritize and act accordingly. There is always a way, a way that can be chosen if one is willing.

These following ways are what I advise my patients. They may or may not be fitting for you. Try to find your own way, something that is tailor-made to your

needs. Test and try various methods, so that you enjoy the one life that is given to you, and make the most of it in any given circumstance.

### **Exercise to beat stress and elevate your mode**

Exercise is scientifically proven to elevate mood, improve immunity and build strength.

The endorphins released after exercise improves your sense of well-being.

We, as humans, are not meant to sit, work, eat, sleep and lead a sedentary lifestyle. We are supposed to be on the move. Denying our evolutionary need is an invitation to trouble. So, get up and get running.

Any form of exercise that is suitable to you- walking, running, yoga, dancing, a mix of others; anything will work.

People who exercise into their 50s have higher bone mass than those who do not. If you want a good old age, start working on it from now.

### **Sleep to reduce stress naturally**

Adequate sleep is essential for optimal functioning of the body.

You must have noticed the irritation and foginess one experiences after a lost night's sleep. Inadequate sleep increases your stress hormones and makes you jumpy while affecting your judgment (this could be risky if you were in a jungle and faced a lion; or while you were driving; or probably if you were a professional where urgent decision-making is the key- face that lion!).

During sleep, the mind processes, organizes and discards the information gained during the day.

Lack of sleep over a prolonged period of time, increases blood pressure, predisposes you to diabetes and deteriorates your mental powers.

So sleep into that night, tight. Maintain sleep hygiene (proper timings; dark environment, quiet surroundings etc.) and reduce your stress naturally.

### **Eat healthy food to keep stress away**

It could be surprising to know we can eat healthy to keep stress away.

Well, first of all, healthy food like greens, beans, seeds, fruits etc. contain antioxidants which combat the stress-related oxidative products of the body.

Secondly, what you eat affects your gut flora. There's ample research and evidence coming to the forefront showing that chemical released by your gut flora affects your mood and the way you feel.

Thirdly, the antibiotics, hormones, pesticides and other chemicals regularly used to grow food are harmful to your body. It affects your own hormone axis, portends diseases, and creates chaos in your system. Hence its advisable to stick to organically grown food.

### **Find that balance**

This is applicable to every walk of life if you truly want peace and want to keep your stress under check. Very few can be zen-like and still scale the heights of their professional and personal lives. For others, us mortals, it is close to fantasy, if not impossible.

Work, work hard but then find time for your kids, family, and friends. Find that balance.

Use your means to buy comforts of life for yourself, but find that balance. You don't have to have the latest fashion or the latest car or the latest phone. Change when it's needed. Not only will you be doing a favour to the environment, but you will find yourself standing on the sidelines of the rat race—one less thing to worry about.

This, by no means exclude those whose ambition is to be triumphant in their game. By all means, follow your dreams. The ones who loves their work, there's not a day of work in life.

### **Keep your surroundings clean and green to beat stress**

Keep your house/ your workstation clean and decluttered. There is no better way to destress than to enter a clean surrounding. Your mind is able to make much more meaning of clean surroundings.

Pots, planters, flowers etc., make one feel closer to nature. Add green around you. And there's no therapy like nature therapy.

### **Plan yet be flexible**

When you have multiple things to do, plan your day. This helps you prioritize your commitments. You may not be able to fulfil all, all the time, but it will give you a sense of control.

However, don't be rigid, be flexible, for the world does not go according to one's wishes.

Including that flexibility in one attitude helps you navigate those uncertain unforeseen turns in life. It is said that grass withstands the storm better than the mighty tree.

### **Talk and ask for help**

There are times when the water crosses the threshold. When that happens, never hesitate to ask for help. Please talk about your problems, for sometimes, a solution is found when it is seen from a vantage point.

### **Be financially stable**

It might sound a bit off place that you are getting a piece of advice on financial stability on a medical blog. But if you see the bigger picture, money and finances are a significant source of worry in today's environment. Being prudent with money and making the right financial decisions can make your life easier and less stressful.

### **How homoeopathy helps beat stress**

There are times when we cannot avoid the devil despite all our efforts. Such circumstances in themselves become maintaining causes for diseases and stymie our efforts to live a healthier life. Stress caused by previous trauma leaves its mark on our psychology. That caused by disagreeable circumstances becomes a constant source of irritation and nuisance. In such cases and many other scenarios homoeopathy helps to clear and calm one's mind and tackles the diseased state that may be caused by an agitated state, neutralizing it (nevertheless, one might need to continue medication if the causative factor/circumstance persists). Talk to your homoeopath; the more information you can give to your physician, the better would one be able to treat you.

The above are some of the tested ways to reduce stress and live a more fulfilling life.

Aude Sapere

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