

SELF CONCEPT :-

The term self concept is a general term used to refer to how someone thinks about, evaluates or perceived themselves. To be aware of oneself is to have a concept of oneself. Baumeister (1999) provides the following self concept definition.

"The individuals believe about himself or herself including the persons attributes and who and what the self is."

Self concept is an important item for both social psychology and humanism.

1. THE EXISTENTIAL SELF :-

This is the most basic part of the self scheme or self-concept, the sense of big being separate and distinct from others and the awareness of the constancy of the self.

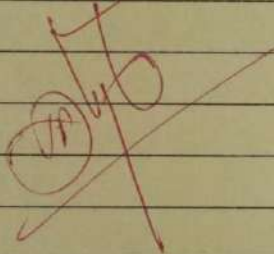
The child realize that they exist as a separate entity from others & that they continue to exist over time & space. According to comparative evaluation

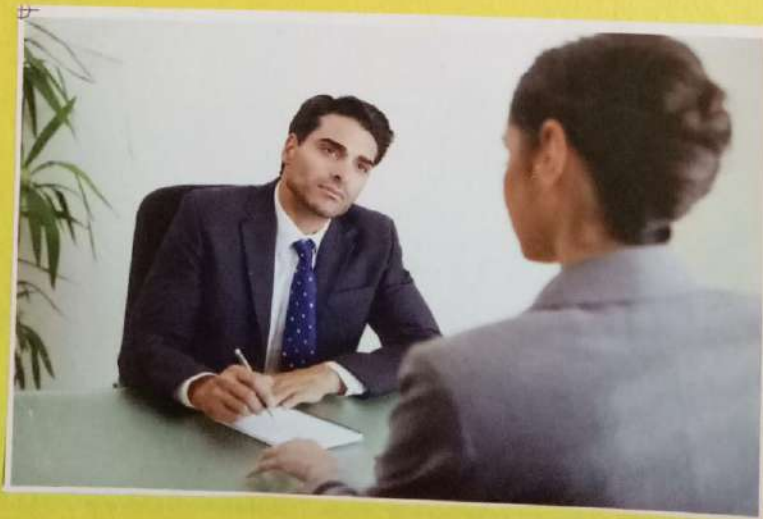


and to how others see them.

Carl Rogers (1959) believes that the self concept has three different components :-

The view you have of yourself (self image). How much value you place on yourself (self esteem). What you wish you really like (Ideal self).





explained by you. All of us involve relationships with other people. Since we all live in a world with many other people, the external world of our society plays a huge role in defining our self identity.

Society's Role in self Identity :-

As humans we all have a need to develop a personal identity that distinguishes us from others.

Social Identity :-

clearly, society plays an essential role in how we evaluate and define our self-identity. We cannot define our self-identity without the context of our society, individual person, meaning the self in such a view is an object of consciousness. The self has been studied extensively by philosophers and psychologists and is central to many world religions. With the recent rise in technology the self has been discussed under various new emerging fields, such as Technology studies.

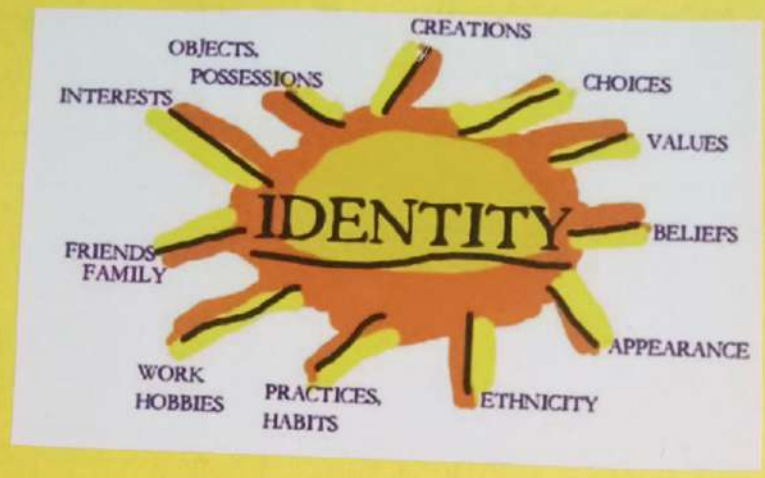


Self-esteem

In sociology and psychology, self-esteem reflects a person's overall subjective emotional evaluation of his or her own worth. It is a judgement of oneself as well as an attitude towards the self-esteem in one's beliefs and emotions such as triumph, despair, pride and shame. Smith and Mackie (2007) defined it by saying, "the self concept is what we think about the self-esteem", it is the positive or negative evaluations of the self as in how we feel about it. "Self-esteem is attractive as a social psychological construct because researchers have conceptualized it as an influential predictor of certain outcomes, such as academic achievement, happiness, satisfaction in marriage & relationships & criminal behaviours, self-esteem can apply specifically to a particular dimension or a global extent.

Psychologists usually regard self-esteem as enduring personality characteristic, though normal, short-term variations also exist.

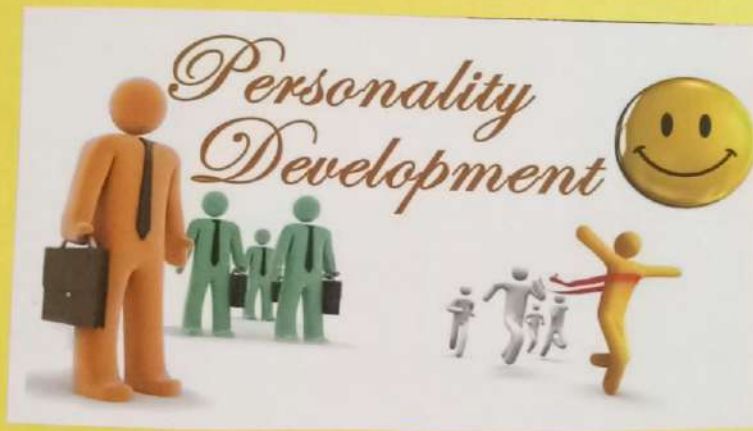
Synonyms or near-synonyms of self-esteem include, self-worth, self-regard, self-respect & self-integrity.



Development of self-esteem :-

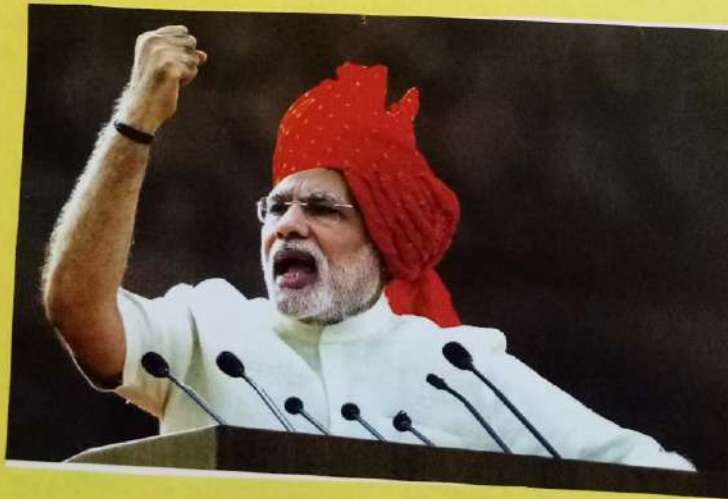
Experiences in a person's life are a major source of how self-esteem develops. In the early years of child's life, parents have a significant influence on self-esteem and can be considered as main sources of positive and negative experiences a child will have. During school years, academic achievement have a significant contribution to self-esteem that continues to increase in young adulthood and middle age. A decrease is seen from middle age to old age with varying findings on whether it is a small or large decrease.

High :- people with a healthy level of self esteem firmly believe in certain values & principles. Are able to act, to act according to what they think to be the best choice, trusting their own judgement, they don't learn from the past & plan for future. Fully trust in their capacity to solve problems, consider themselves equal in dignity to others, rather than inferior or superior.



Are able to enjoy a great variety of activities.
Are sensitive to feelings and needs of others,
respected generally accepted social rules.
Can work towards finding solutions and
voice discontent, without letting themselves
or others when challenges arise.

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Secure V's Defecutive :-

A person can have a high self-esteem and hold it confidently where they do not need reassurance from others to maintain their positive self view. There is a need for constant positive feedback from others for these individuals to maintain their feelings of self-worth.

Low Esteem :-

Low esteem can result from various factors, including genetic factors, physical appearance or weight, mental health issues, socioeconomic status. A person with low esteem may show some of the following characteristics :-

Heavy self-criticism and dissatisfaction, chronic indecision and an exaggerated fear of mistakes, perfectionism, which can lead to frustration when perfection is not achieved, sees temporary setbacks as permanent, intolerable conditions.

Some positive self esteem are :-

Confidence
Self Direction



The strongest factor
for success is
self-esteem: Believing
you can do it, believing
you deserve it, believing
you will get it.



Now planning behaviour

An awareness of personal strength.

An ability to make mistakes & learn from others.

An ability to accept mistakes from other optimism

An ability to solve problem.

An independent & cooperative attitude.

Feeling comfortable with a wide range of emotions.

An ability to trust others.

A good sense of personal limitations.

Good self care.

An ability to say No.

Some sign of love is self esteem.

Negative view of life :-

Perfectionist attitude

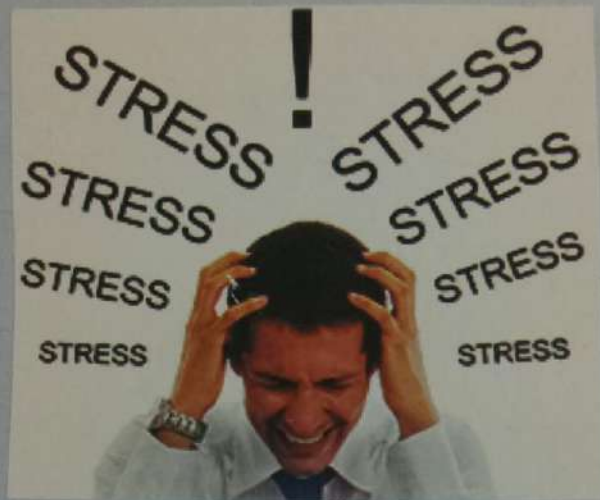
Mistrusting others - even those who sign of affections.

Blaming behaviours.

fear of taking risks.

How can you realise love self-esteem?

feeling of love self-esteem often build up over a system. It may take time, hard work, and some counselling. techniques that can be used to help improve self-esteem. These are called affirmations.

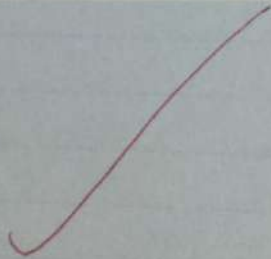


STRESS

Hans Selye was one of the founding fathers of stress research. His view in 1956 was that "stress is not necessarily something bad at all, it all depends on how you take it". The stress is of exhilarating, creating successful work is beneficial, while that of failure, humiliations or infections is detrimental. Selye believed that the biochemical affect of stress would be experienced irrespective of whether the situation was positive or negative.

Since then, a great deal of further research has been conducted, and ideas have moved on. Stress is now viewed as a "bad thing" with a range of harmful biochemical & long term affects. These effects have rarely been observed in positive situations.

The most commonly accepted definition of stress is that stress is a condition or feeling experienced when a person perceives that "demand exceed the personal and social resources, the individual is able to mobilize". In short, its what we feel when



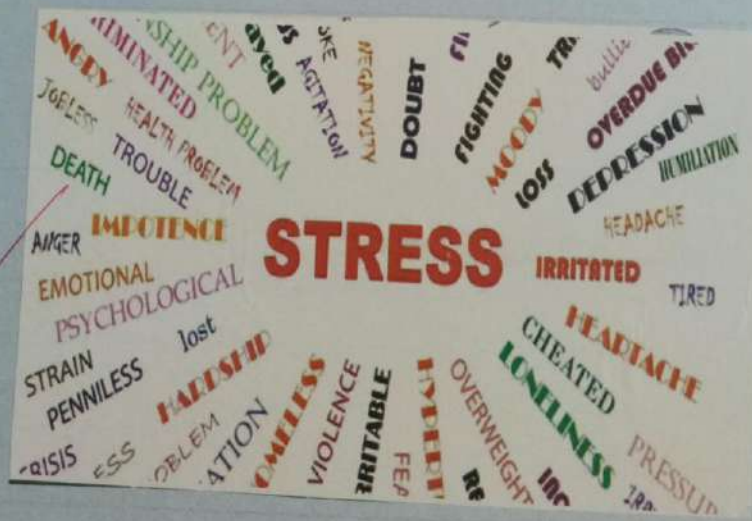
we think, we have lost control of events.

This is the main definition used by this section of mind book. although we also recognise that there is an intertwined instinctive stress response to unexpected events. The stress response inside us is therefore part instinct and part to do with the way we think.

Stress is the way human beings react both physically and mentally to changes, events and situations in their lives. People experience stress in different ways and for different reasons.

The reactions are based on your perception of an event or situation. If you view a situation negatively, you will likely feel distressed, overwhelmed, or out of control. Distress is the most familiar form of a "positive" view of an event or situation, which is why it is also called "good stress".

Good



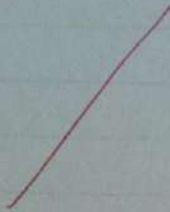
Causes of stress:-

The most frequent reason for "stressing out" fall into three main categories.

1. The unsettling effects of change.
2. The feeling that an outside force is challenging you.
3. The feeling that you have lost personal control.
4. Life events such as marriage, changing jobs, divorce or the death of a relative or friend are the most common causes of stress.

The National Institute of Mental Health (NIMH) notes some of the more common stresses for college students:-

- Increased academic demands.
- Being on your own in a new environment.
- Changes in family relations.
- Financial responsibilities.
- Change in your social life.
- Exposure to new people, ideas & temptations.
- Awareness of your sexual identity & orientations.
- Preparing of life after graduation.



Symptoms of distress and symptoms of stress fall into three general, but interrelated categories - physical, mental & emotional. Review this list carefully. If you find yourself frequently experiencing these symptoms, you are likely feeling distressed.

* Headaches

* Fatigue

* Gastrointestinal Problems

* Hypertension (High Blood Pressure)

* Heart Problems

* Inability to focus & lack of concentration

* Sleep disturbance, whether it's sleeping too much or an inability to sleep.

* Sweating palms / Shaking hands.

* Sexual Problems

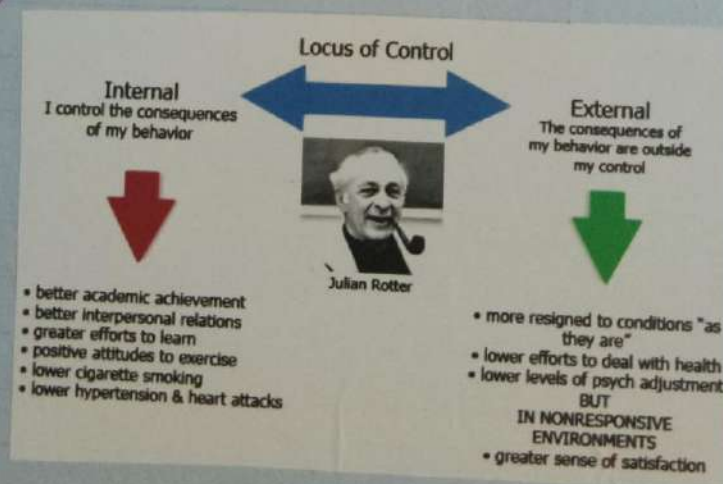
* Anxiety.

Even when you don't realise it, stress can cause or contribute to serious physical disorder. It increases hormones such as adrenaline and some other as well.



CHECKLIST

- PAPERWORK
- APPOINTMENT
- MEETING
- BUSINESS LUNCH
- STRESS

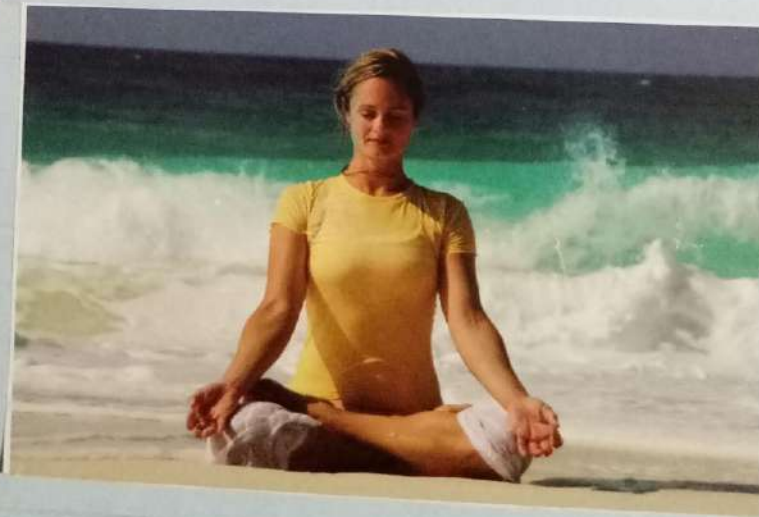
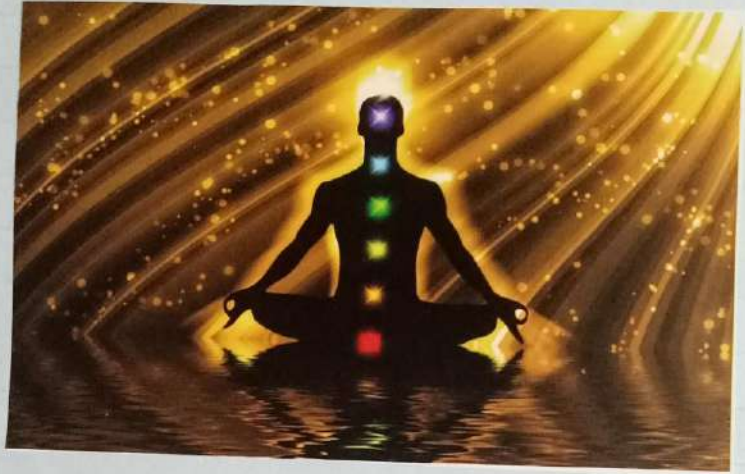


STRESS MANAGEMENT

Stress Management refers to the wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress, especially chronic stress, usually for the purpose of improving everyday functioning.

In this context, the term 'stress' refers only to a stress with significant negative consequences or distress in the terminology advocated by Hans Selye, rather than what the call eustress, a stress whose consequences are helpful or otherwise positive.

Stress produced numerous physical and mental symptoms which vary according to each individual's situational factors. These can include physical health decline as well as depression. The process of stress management is named as one of the key to a happy and successful life in modern society. Although life provides numerous demands that can prove difficult to handle, stress management provide a number of ways to manage anxiety



and maintain overall well being. Despite stress often being thought of as a subjective experience, level of stress are readily measurable, using various psychological tests similar to those used in polygraphs.

Many practical stress management techniques are available some for use by health professionals and others for self help, which may help an individual reduce their level of stress, provides positive feelings of control over one's life and promote general well-being.

Evaluating the effectiveness of various stress management techniques can be difficult as limited research currently exists.

Stress Management Techniques :-

① MEDITATE :

A few minutes of practice per day can help ease anxiety. Research suggests that daily meditation may alter the brain's neural pathways making



You more resilient to stress" says psychologist Robbie Matter Hastmen, PhD a Chicago health and wellness coach.

It's simple, sit up straight with both feet on the floor. Close your eyes. Focus your attention on reciting out loud or silently - a positive mantra such as "I feel at peace" or "I love myself" place one hand on your belly to sync the mantra with your breaths. Let any distracting thoughts float by like clouds.

2. Breathe Deeply :-

Taking a 5 minute break & focus on your breathing. Sit up straight, eyes closed, with a hand on your belly. Slowly inhale through your nose, feeling the breath shoot in your abdomen & work its way to the top of your head. Reverse the process as you exhale through your "Deep Breathing" counters the effects of stress by slowing the heart rate & lowering blood pressure. "psychologist Judith Tulin, PhD, says she's a certified life coach in Rome g.A.



3. Be Present :-

Take 5 minutes & focus on only 'one behaviour with awareness', lectin says, "Notice how the air feels on your face when you are and how feet feel hitting the ground. Enjoy the texture & taste of each bite of food. When you spend time in the moment and focus on your senses, you should feel less tense.

4. Reach out :-

Your social network is one of the best tools for handling stress. Talk to others - preferably in face or at least on the phone. Share what's going on. You can get a fresh perspective while keeping your connection strong.

5. Tune into your body :-

Mentally scan your body to get a sense of how stress affects it each day. Lie on your back, or sit with your feet on the floor. Start on your toes and work your way up to your scalp, noticing how your body feels.



6. Delempress :-

Place a warm heat wrap around your neck and shoulders for 10 minutes. Close your eyes & relax your face, neck, upper chest, and back muscles. Remove the wrap & use a tennis ball or foam roller to massage away tension.

"Place the ball between your back and the wall. Lean into the ball and hold gentle pressure for upto 15 seconds. Then move the ball to another spot and apply pressure" says Cathy Benninger, a nurse practitioner and assistant professor at the Ohio State University, Wexner Medical centre in Columbus.

~~TIP~~



YOGA

The word "Yoga" comes from a Sanskrit word which means "to join" or to

Yoga is a practical aid, not a religion. Yoga is an ancient art based on a harmonizing system of development for the body, mind and spirit. The continued practice of yoga will lead you to a sense of peace & well-being & also a feeling of being at one with their environment. This is a simple definition.

The practice of yoga makes the body strong & flexible. It also improves the functioning of the respiratory, circulatory, digestive & hormonal system. Yoga brings about emotional stability & clarity of mind.

In the practice of yoga, the ultimate aim is one of self development & self-realization.

Think of this practice as it brings the means and tools etc. religion and rebalance your body on a



regular basis. You take control and you can then balance your body mechanics instead of having to pay someone else to do it.

Because your body is turned. You will find that your chances for injuries & illness will drop as you are in much more attained state.

Yoga is a physical, mental & spiritual practice or discipline which originated in India. There is a broad variety of schools, practice and goals in Hinduism, Buddhism and Jainism. Among the well-known types of yoga are Hatha Yoga.

22



TYPES OF YOGA

There are different types of yoga. Before we examine the differences, we should remember that all of them lead to the same goal, unification with the divine. The yoga paths can be broadly classified into :-

Bhakti Yoga : Path of Devotion

Karma Yoga : Path of selfless Action.

Jhana : Path of Transcendental Knowledge.

Asthanaga Ypga : Path of Patanjali (eight step Path)

Unfortunately, yoga is the next, that has come to me.

Hatha yoga which is mainly physical exercise & postures (asanas). In fact, asanas is only a single step in the

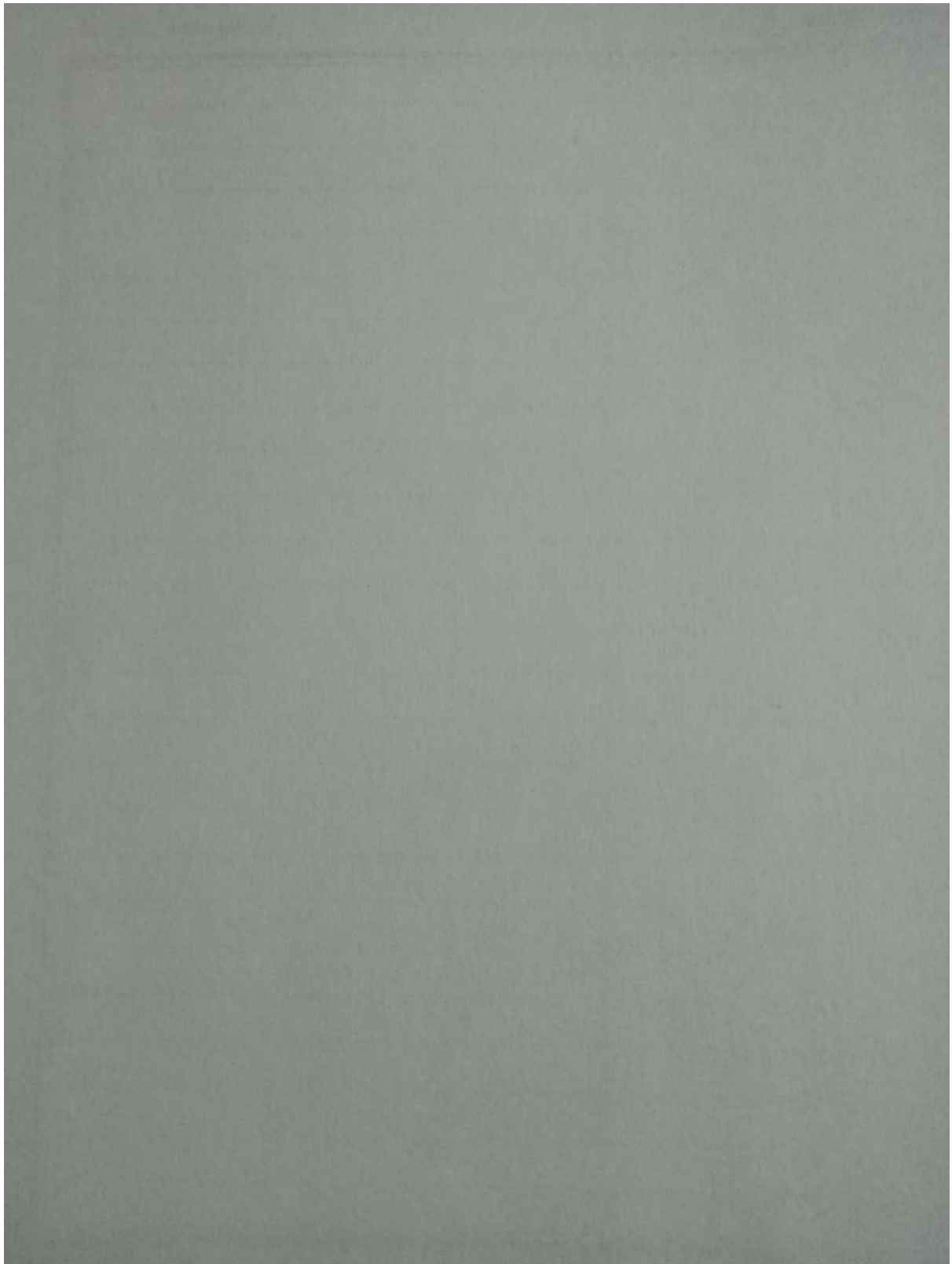
eight step path (Asthanaga yoga of Patanjali). However,

Asthanaga yoga is more of a philosophy like Basic

research while raja yoga usually refers to specific

techniques which are based on not only Asthanaga

yoga, but also on various upanishades.



YOGASANAS

① PADMASANA : Padma - lotus, asana - posture or
pose pronounced : Pa-dah-maa-sanaa.

Padmasana or lotus pose is a cross-legged yoga posture which helps deepen meditation by calming the mind & alleviating various physical ailments. A regular practice of this posture aids in overall blossoming just like a lotus & hence the name is Padmasana.

Benefits :-

1. Improves digestion.
2. Reduces muscular tension & brings blood pressure under control.
3. Relax the mind.
4. Helps pregnant ladies during child birth.
5. Reduce menstrual discomfort.

② DHANURASANA : Bow shaped or pose or sometimes
urdava chakarasan is an asana.



The name comes from the Sanskrit word Dhanura meaning "bow" & Asana meaning posture as "seat".

Benefits:

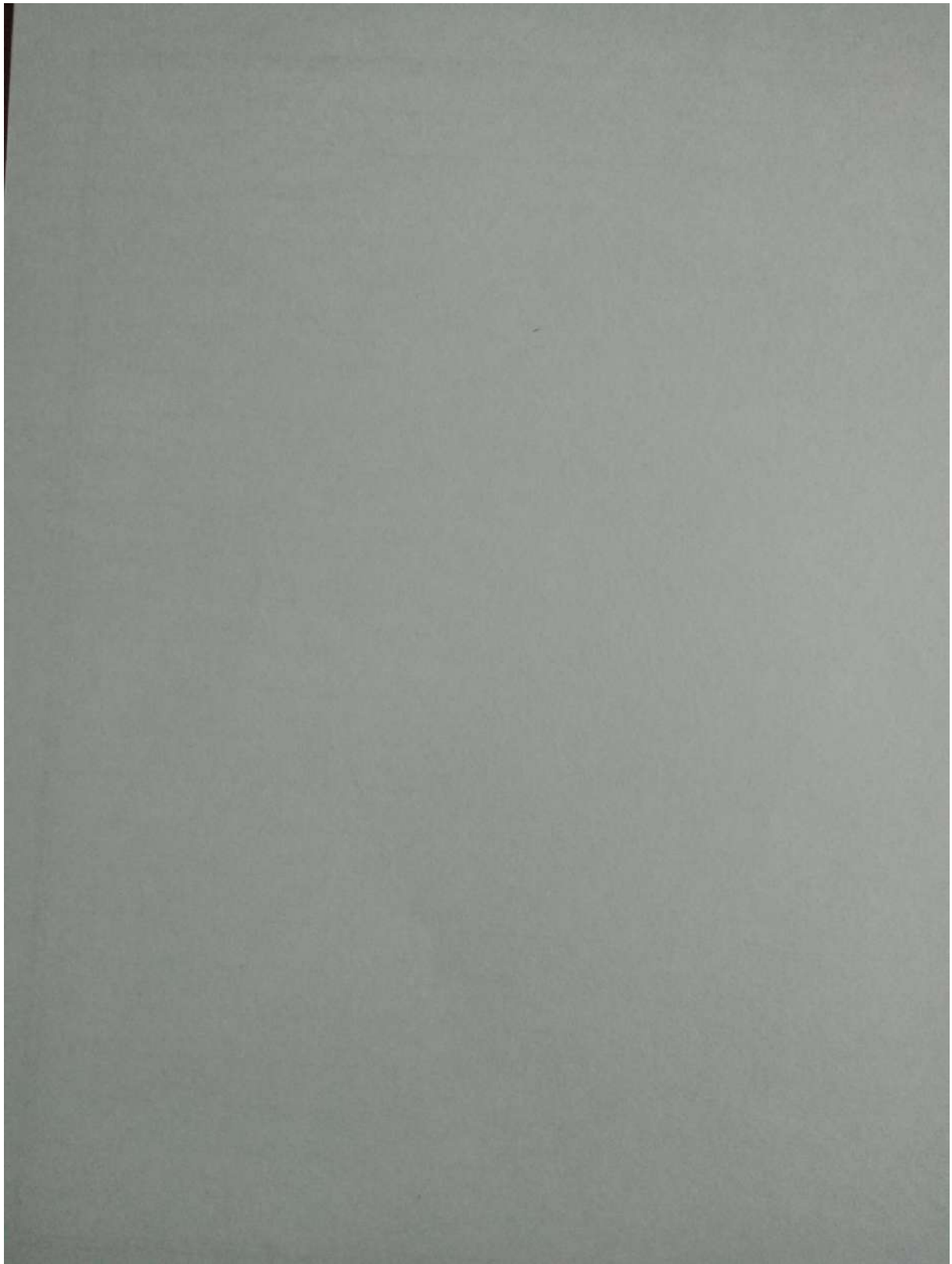
1. Strengthen the back & abdominal muscles.
2. Stimulates the reproductive organs.
3. Open up the chest, neck & shoulders.
4. Tones the leg & arm muscles.
5. Add greater flexibility to the back.
6. Good stress & fatigue buster.
7. Relieves menstrual discomfort & constipation.
8. Helps people with renal (kidney) disorder.
9. It provides relief from headache.

③ HALASAN : Halasan is plow pose is an asana.

The name comes from the Sanskrit words hala meaning "plough" & asana meaning "posture" or "seat".

Benefits:

1. Strengthen muscles, ligaments in the practitioner's calves & thighs, resulting in larger leg flexibility.
2. Therapeutic for leg cramps.
3. Stimulates the practitioner's thyroid, parathyroid, throat



and abdominal organs.

4. Helps relieve gas & upper/lower pain or discomfort.
5. Promotes good digestion.
6. Stretches the practitioner's shoulders and spine.

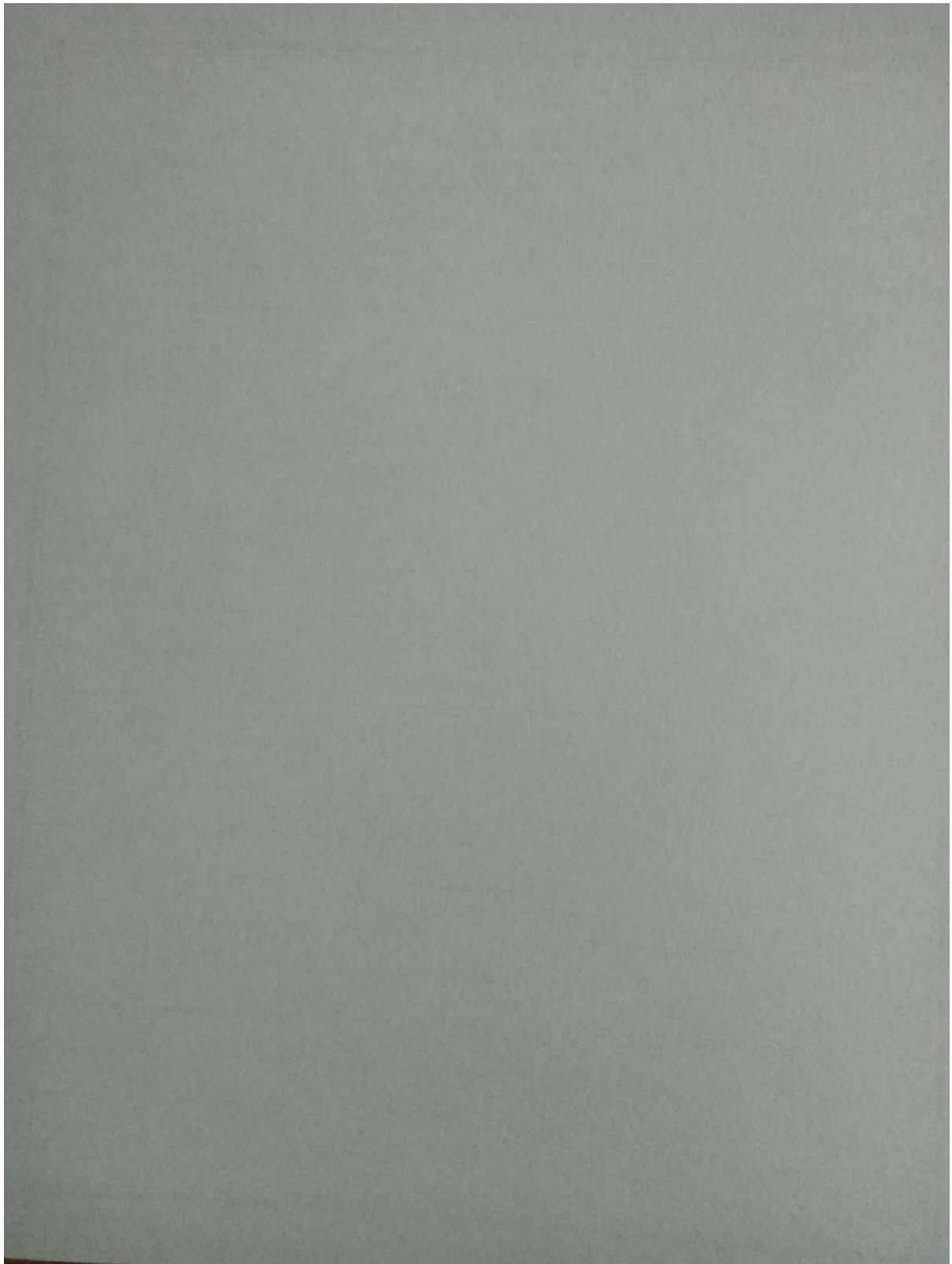
(4) BHUJANGASANA : Bhujangasan or Cobra Pose.

The name comes from the Sanskrit word Bhujanga meaning "snake".

Benefits :-

1. It strengthens spine, stretch the chest, shoulder & abdomen, firm the buttocks and relieve stress & fatigue.
2. Traditional texts say that Bhujangasan increase body heat, destroys diseases & awake kundals.
3. Decrease stiffness of the lower back.
4. Increase flexibility.
5. Improves menstrual irregularities
6. Evaluates mood
7. Relieves stress & fatigue.

(5) ARATHAMATOYENNERASAN :



Ardhamatolyenderasan or half lord of the fishes pose. half spinal twist pose or Vakrasan is an asana. The asana usually appears as a seated spinal twist with many variations, & is one of the twelve basic asanas in many systems of Hatha Yoga.

The name comes from Sanskrit word ardha meaning "half" matrya meaning "fish"endra meaning "king" & "asana" meaning "posture or seat".

Benefits :

1. Tones & strengthen abs & obliques.
2. Stretches & energises the spine.
3. Open the shoulders, neck & hips.
4. Increase flexibility, specially in hips & spine.
5. clears the integral organs.
6. Relieves symptoms of back ache, fatigue.

GOMAKHASANA :-

Gomakhasana or cow face pose is an asana. The name comes from Sanskrit word Gow meaning, "cow" mukh means "face or mouth" and asana meaning "posture or seat".



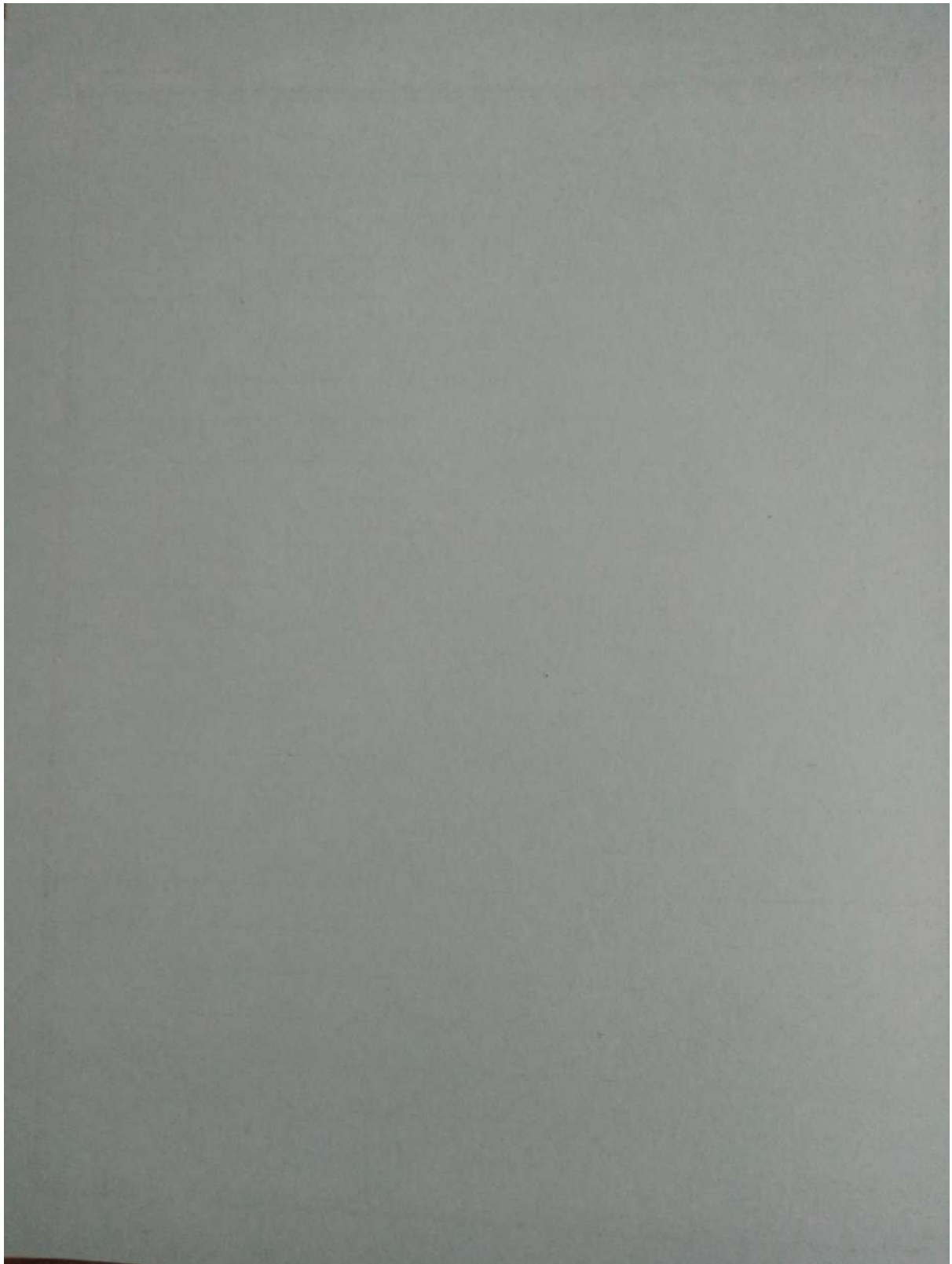
The word also means "light". So Gomukh may refer to the light in or of the head or lightness of the head. The asana gets its name because the thighs and calves of the person performing it resemble a cow's face, wide at one end and tapering towards the other.

Benefits :-

1. Induces relaxation. Also eases anxiety & tension.
2. Stimulates the kidneys & treats high blood pressure.
3. Stretches ankles, thighs & hips. Even the shoulders, arms & chest are equally stimulated.
4. Treat backache.

CHAKRASANA :-

Chakrasana also called Urdhu Dhanurasana is an asana. It is a backbend & part of the finishing sequence in the primary series of Ashtanga. Chakrasana or the wheel pose is a backward bending yoga asana. Chakra is a Sanskrit word meaning "wheel". In chakrasana, the final position looks like a wheel, hence the name. It gives great flexibility to spine.



In aerobatics & gymnastics, this body position is commonly called a back bridge.

The name comes from Sanskrit word, "chakra" meaning "wheel" & Asana meaning "posture or seat".

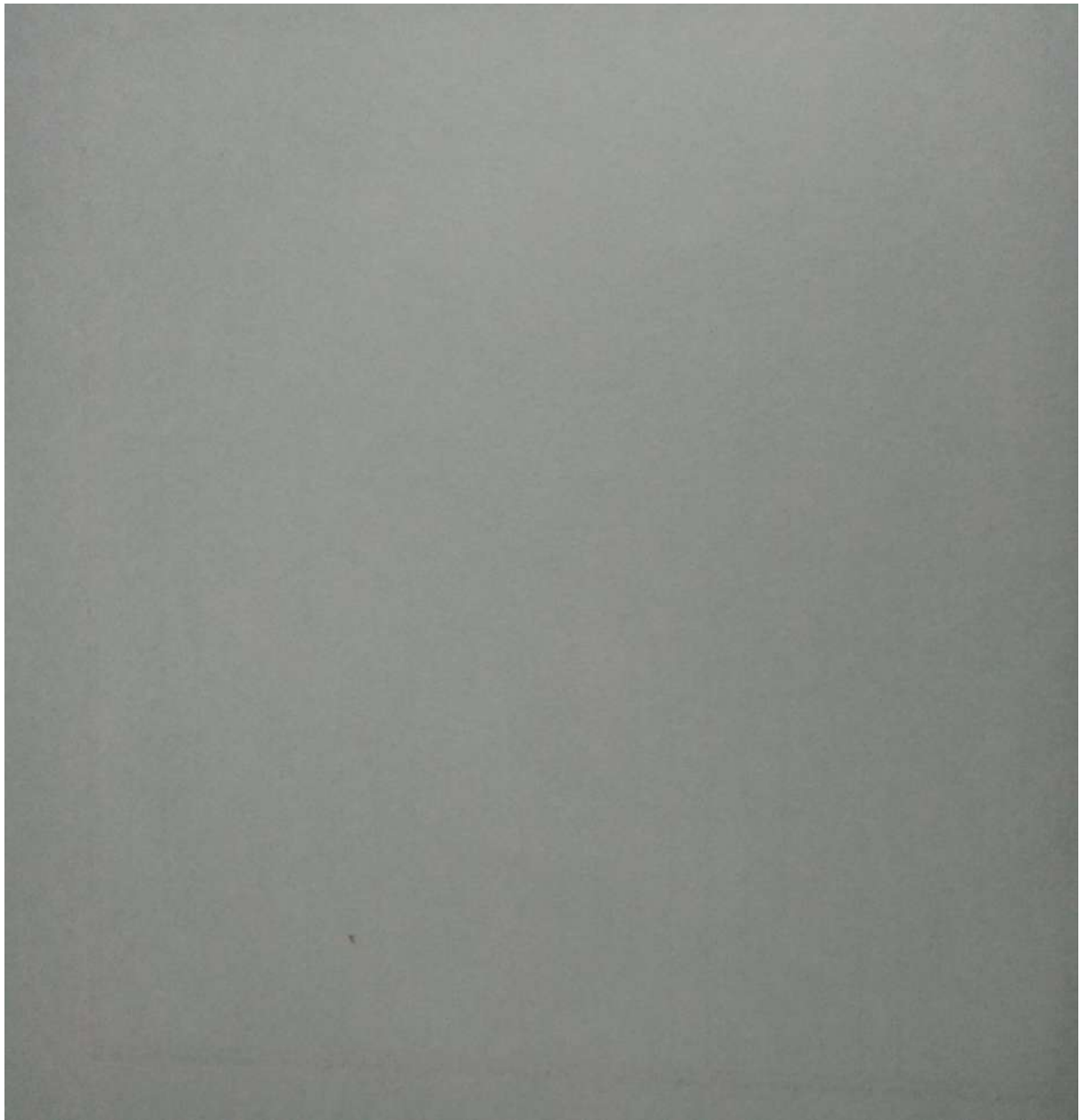
Benefits :-

1. Strengthen liver, pancreas & kidneys.
2. Excellent for heart.
3. Good for infertility, asthma & osteoporosis.
4. Strengthens arms, shoulders, hands, wrists & legs.
5. Stretches chest & lungs.
6. Strengthen arms & wrist, legs, buttocks, abdomen, spine.
7. Stimulates thyroid & pituitary glands.
8. Increase energy & counteracts depression.

MATSYASANA :-

The name comes from the Sanskrit word, "matsya" meaning "fish" & asana meaning "posture or seat".

In this asana fish pose is there. It is commonly considered as counterasana to Sarvangasana, or shoulder stand, specifically within the context of the Asthanga Vinyasa yoga primary series.



Benefits :-

1. Spinal cord & back muscle tissue gets refreshed.
2. It helps to cure asthma & respiratory disorder.
3. Headache caused by stiffness of neck, can be cured easily.
4. It helps to stop bleeding hemorrhoids.
5. Practicing this yoga pose with drink water easily meaning, helps to relieve from constipation.
6. Because of deep breathing, lungs get strengthened.
7. It is an alternate yoga pose for Sarvangasana.

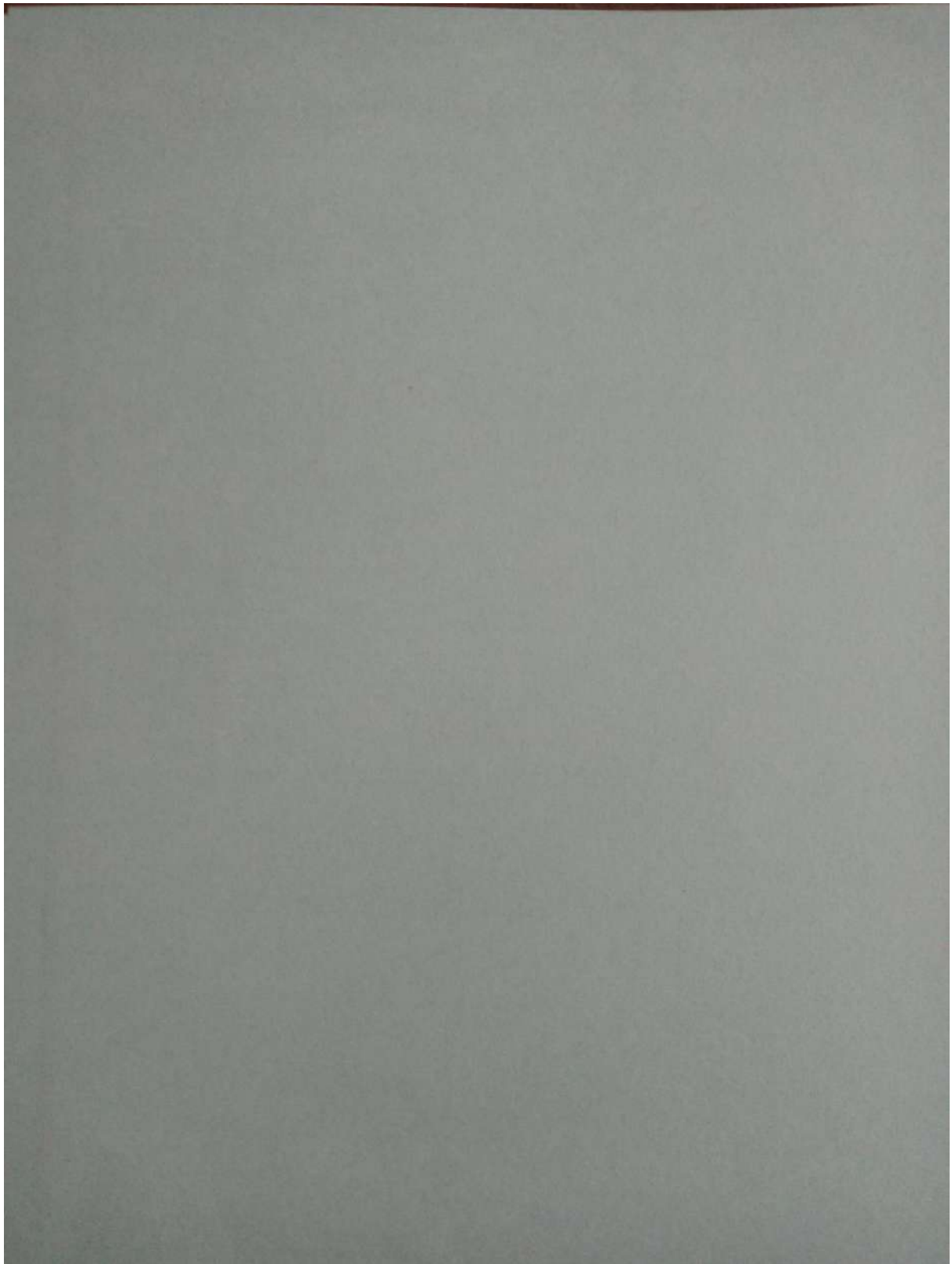
VAJRASANA :-

The name comes from Sanskrit word, "vajra" meaning "thunderbolt" or "diamond" and asana meaning "posture or seat".

Vajrasana "vajra pose" is a sitting asana in yoga. It is a kneeling position, sitting on the heels.

Benefits :-

1. Calm the mind & bearing stability in mind.
2. Cures constipation, acidity, increases digestion process.
3. Those suffering from gas problems can practice immediately after lunch or dinner.



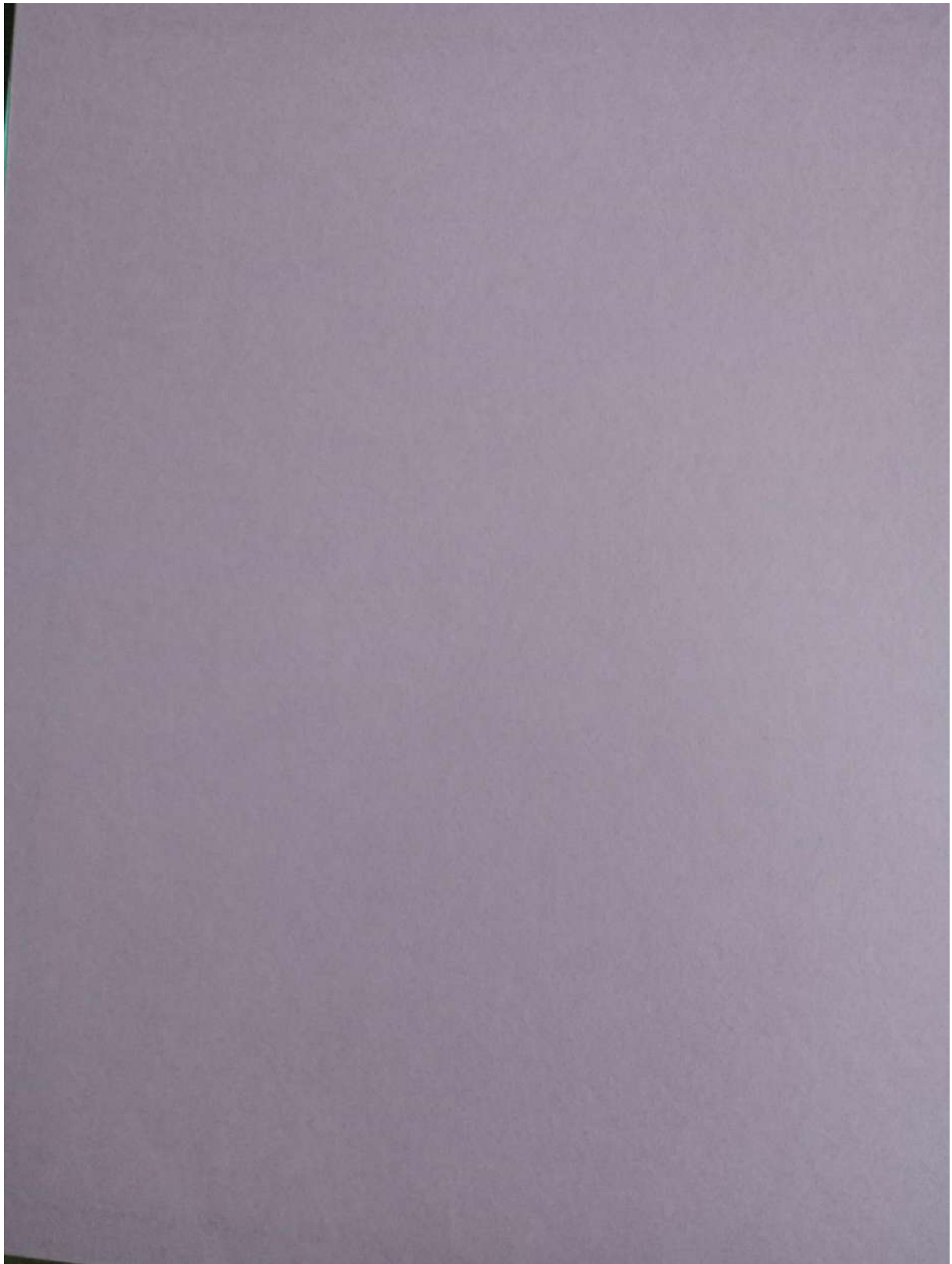
4. Helps to get rid of back pain.
5. Cures stomach disorder.
6. Cures urinary problems.
7. Strengthens the sexual organs.
8. Increase blood circulation.
9. Helps to reduce obesity.
10. Strengthens the thigh muscles.

SHAVASANA :-

Shavasana or corpse pose is an asana. The name comes from Sanskrit word 'shava' meaning "corpse" & asana meaning "posture or seat". Yoga is a system of mental & physical training. It consists of postures, breathing exercise, meditation which claim to give knowledge of reality. Relaxation & meditation are also key components. Shavasana & sitting postures maintain the balance by their equal input of physical stimuli.

Benefits :-

1. Decrease in heart rate & rate of respiration.
2. Decrease in blood pressure.
3. Decrease in muscle tension.



4. Decrease in metabolic rate & consumption of oxygen.
5. Reduction in general anxiety.
6. Reduction in number & frequency of anxiety attacks.

TRIKONASANA :-

Trikonasana or triangle pose is an asana. Variations include utthita trikonasana, buddha trikonasana & pritha trikonasana.

The name comes from the Sanskrit word "trikona" means "triangle" & "asana" meaning "posture" or "seat".

Benefits :-

1. This asana is good to burn fat.
2. It is good for backache.
3. This yoga is recommended for growing children, to increase their height.
4. Triangle pose helps to strengthen your legs, knees & ankles.
5. Good for your digestion.
6. It may be used for stress management.

7. Triangle pose helps us to expand your chest & shoulders.

8. It strengthens the muscles in the thighs, hips & backs.

9. It provides stamina, balance, energy & develops focus.

