HR MEET 2013

Mr. Bharat Rawat

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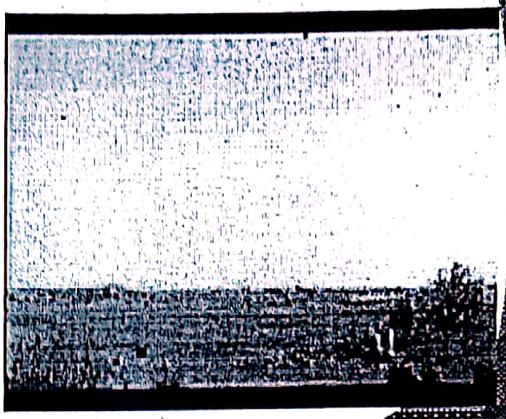
(Aspects of sound health)

- Physical well being !
- Mental Well being ! !
- Spiritual Well being ! ! !

Stay fit!!
Its Important!!



HANDLING STRESS
(EGO/FEAR AND GREED)

"I'm sending you to a seminar to help you work harder and be more productive."

I am inviting Dr. RAWAT to help you live healthier and HAPPIER !

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KATHMANDU, NEPAL

1.General idea
2.Stress and its impact
3.Lets beat the stress !
4.Power of today
5.Summary

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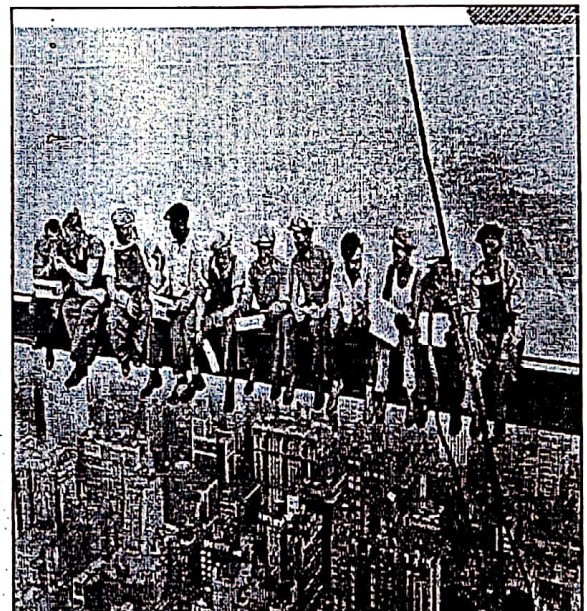
Do I feel complete ?

Am I sufficient ?

The feeling of incompleteness may be the problem !

...AND YOU THINK YOU HAVE STRESS..



Height Of Relaxation !

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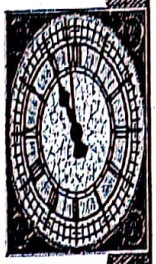
What is going to be important to you at 60 or 70 yrs of age ?

- Relation with your self
- Relations with your Spouse !
- Your and your spouse's health !
- Past memories !

Mental Health

- **Stress !**



- Undefined priorities
- Poor time management

Stress

- External Factors
- Internal Factors

Goals of life !

- External Goals !
- Internal Goals !

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Goals of life !

- External Goals !
- Professional growth,money glamour,family

Goals of life !

Internal Goal :

- .....Achieving bliss !

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What Is Stress ?

"any stimulus, such as fear or pain, that disturbs or interferes with the normal performance."

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Stress.....

- Is directly related to the ambitions / comparisons with neighbourhood !
- All the materialistic desires are relative

Stress.....

- Stress comes with selfish motives (Ego and Greed) .
- More the tendency and readiness to give, lesser the stress. (let go !)
- More the sense of insecurity (Fear), more the expectations...more the stress

- So asking for more will certainly come with a package of extra stress

Stress begins from within...

Too much of thinking !

Calculations,concerns,
insecurity ,expectations !

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Too much of Thinking !

- Thinking has become a disease !
- We have become slaves of our minds
- More people die of thought attacks than heart attacks

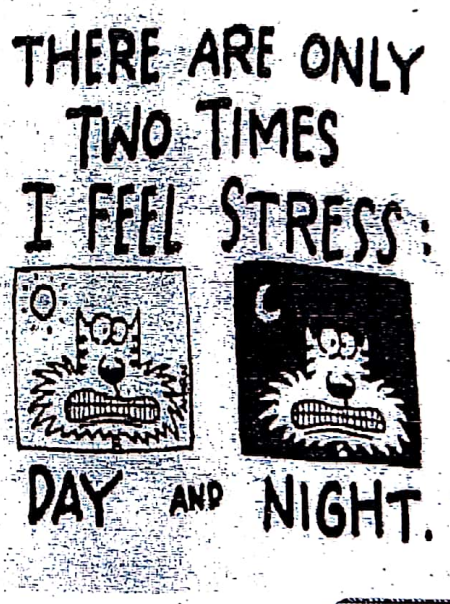
Health First Feb/2013 Oct International Hospital NORVIC

Impact of stress on Performance ...

- While some stress is good, too much is not good.
- "If you're too stressed, your performance falls off,"

Impact of stress on Performance !

- We need to discover and define the optimal level of stress that we need to enjoy our work and work at maximal level of efficiency !



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Beat the stress:

- Identify what is causing stress ?
- Observe how are you emotionally responding to it.
- Differentiate betw facts and fear
- Learn to accept uncertainities
- Learn to accept your limitations for external achievements
- Learn time management
- Relaxation techniques:
- Meditation,Yoga,Breathing exercises,Puja,gardening,music,exercise, pet animals,laughters !

The anchor has gone !.

- We need an anchor...
- Attachment that helps in walking blind...
- Without calculations, without worrying, without fear !.

The anchor has gone !.

- We need an anchor...
- God, Religion
- Parents !

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Meditation Helps !

- Connects us with our internal energy !
- This internal energy is strong, nonchallengable,nonseasonal and free from external pressures and factors !

What is holding us back from achieving our greatness ?.

- Ego !
- A self made false image of oneself ....very delicate !
- We end up spending too much time and energy to decorate it and to save it !!.

Ego....

- The world as it appears to us now is a largely a reflection of the egoic mind
- But Nothing is what it seems to be !

Ego...

- Most of the so called bad things are self (ego) created. (*drama*)
- The ego perceives itself a vulnerable child in a hostile universe
- Thus the basic drive for ego is fear or sense of lack

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Are we acting or just reacting ?

- When we react there is either defense or attack
- When we act, there is no defense, no attack

Logic of letting go ! (Opposite of ego !)

- Loosen the influence on and of external world, listen to your internal dream
- And then let go of what isn't part of that dream within !.

Stress...

- More often, the perceived demands are more than real essentials.

Maturity !

- Getting less and less dependant on external factors for our satisfaction and happiness !.

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Power of.
Today

Power of Today

- Can we be free of mind/thinking whenever we want to ?.
- Do we have the "off" button in our control ?.

Power of Today

- Our mind keeps reviving the recent or distant past or rehearsing or imaging possible future situations...often involuntary/quite unnecessary..

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Power of Today

- We may create a gap of "no Mind"..a true sense of stillness and peace.
- That will be the end of involuntary and compulsive

Power of Today

- About 80 to 90 % of thinking of most of us is repetitive and useless.

Have you ever seen ...

An unhappy flower
A stressed oak tree ?
A depressed dolphin
A cat that can not sleep ?
A bird that carries hatred and resentment ?

Power of Today

- Flowers, kids and animals will not look so beautiful and lovely if they worried about tomorrow.
- They just live in now !.
- May be we too will look better if we live in now

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The big mistake !

- Neglecting the journey...the every day, every moment pleasures.. in the blind chase of illusive happiness supposed to be awaiting at the end of the journey !

TOO MUCH OF FOCUS ON GOAL..

- The life's journey is no longer an adventure..just an obsessive need to arrive, to attain.
- We no longer see or smell the flowers by the wayside

Power of Today

- Ultimately, every outer purpose is doomed to fail, sooner or later !
- The sooner we realize that our outer purpose can not give a lasting fulfillment, the better !

Few activities that get us in the now...

- A deep sleep
- Sports
- Music
- Meditation
- Sex
- Puja
- Natural beauty

They stop us from thinking about past and future and give you lot of relaxation...
you enjoy doing those.....

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Embracing this Moment

Buddha asserted, "The secret of health for both mind and body is not to mourn for the past, not to worry about the future, not to anticipate troubles, but to live the present moment wisely and earnestly."

Once at ease with Now..

- We don't need the world any more.
- We don't even need it to be different from the way it is.

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summary

- Lets identify what is causing stress ?
- Observe how are you emotionally responding to it.
- Differentiate betw facts and fear !
- Learn to accept uncertainties and limitations.
- Learn time management
- Communication within !

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❖ Summary...

Lets keep *an anchor on* !

Know that *we are complete* and sufficient !.
(All the perceived external needs are exaggerated...remember the wishing well !) .

We need to *Let go* the unnecessary stuff !

Lets have communication within ! (meditation)

Mai tumhaare pair pakadta hoon...Mera Dimaag mat khao

Another Problem with Human Heart...

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