

How to prevent stress at the workplace

by 'Focusing on breathing'

'Focusing on breathing' (FOB) can help you control stress anywhere, including the workplace. It calms the mind by interrupting and reducing the racing thoughts and relaxes the tense muscles. Over a period of time, it leads to thoughtful responses to challenging people and situations. Practice these 1 - 2 - 3 steps to make FOB your unseen associate.

1. Let FOB help you at bedtime and on waking up

Focus on your breathing at bedtime every day. It calms your mind and ensures quality sleep that heals the mind and body. This practice lays a strong foundation for your practice. It works like the main dose. (1)

When you wake up in the morning, continue lying on the bed, eyes closed and practice FOB for some time. You will feel fresh and energetic. It also works as an antidote to the usual rush in the morning. This becomes the booster dose (2).

In a few weeks, these two practices will become a part of your daily routine, like brushing the teeth. You may even develop a healthy addiction for them! They will build a good reserve of calmness in your mind before you leave home.

2. Conserve your calmness on the way to work

Focus on your breathing on your way to work - at the red lights, stop signs and traffic jams. This will prevent impatience and road rage that would drain your precious reserve of calmness. You will arrive at work ready to face the job demands with a cool mind. (3)

3. Prevent stress at work and on the way back home

Focus on a few breaths throughout the working period - sitting, standing, walking, waiting, doing any routine work, listening, tired, eating lunch, impatient, frustrated and stressed out. These maintenance doses will prevent stress from creeping in. Conserve your stock of calmness till you leave the workplace. (4)

Practice FOB again, as in step 2, on your way back home. It will detach your mind from what all happened at the workplace and rebuild your reserve of calmness. Your mind will then be free to enjoy the time with your family. (3)

Repeat these 1 - 2 - 3 steps every day. How can you be stressed?

Reference webpages

(1) "How to enjoy quality sleep and conquer insomnia by 'focusing on breathing' - <http://countingbreaths.com/fob/relax/waiting-for-sleep/>

(2) "Waking up routine" - <http://countingbreaths.com/fob/relax/waking-up/>

(3) "Staring mode" of FOB - <http://countingbreaths.com/fob/relax/how-can-i-do-it/staring-mode/>

(4) "Relax Anywhere, Anytime by 'Focusing on breathing' - <http://countingbreaths.com/wp-content/uploads/Relax-Anywhere-Anytime.pdf> and <http://countingbreaths.com/fob/level2/phase-i/>

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