



# Shri Minds

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## Wellness Newsletter

Namaste Parents and children,

We are back with another edition of Shri Minds. This time we look into Managing Stress using healthy and adaptive coping strategies. Stress is our body's response to anything that requires attention or action. Sometimes, the best way to manage your stress involves changing your situation. At other times, the best strategy involves changing the way you respond to the situation. Join us in understanding stress and ways to cope with it.

This season we are focusing on *Kintsugi* – a reminder to stay optimistic when things fall apart. What do we do when failure and setback stand towering in front of us making us question ourself? Do we let it define us or do we accept imperfection and failure as an inevitable part of life and work around it? Let us understand more about this inside.

Just like the previous edition we have some fun activities for you to engage with along with our Shriites in the Bonding Time Section.

Let us dive right in without further ado...

# Managing Stress

**Stress** can be defined as any type of change that causes physical, emotional or psychological strain. Stress is your body's response to anything that requires attention or action. Everyone experiences stress to some degree. However, the way we respond to stress makes a big difference to our overall well-being (World Health Organization).

Stress affects both the brain and the body. Little bit of stress is useful in order to perform but too much stress can be overwhelming leading to fight, flight or freeze response. So learning how to cope with stress is important for our mental and physical wellbeing; it makes us become resilient to stress. The impact of stress and the coping styles vary from person to person - everyone reacts and deals with stress in their unique ways (some helpful some unhelpful).

- **Take care of yourself.** Eat healthy, exercise, get plenty of sleep, and give yourself a break if you feel stressed out.



- **Take care of your body.**
  - Take deep breaths, stretch, or meditate.
  - Try to eat healthy, well-balanced meals.
  - Exercise regularly.
  - Get plenty of sleep.
  - Avoid excessive alcohol, tobacco, and substance use.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Talk to others.** Talk with people you trust about your concerns and how you are feeling. Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor.
- **Connect with your community- or faith-based organizations.**
- **Avoid Overindulgence.** Frequently indulging in activities like shopping, eating, drinking, gaming, and watching shows to escape from stress may seem to help but they can create additional problems (dependency, addiction, unhealthy lifestyle, etc.) and in turn increase the stress you are already feeling.
- **Recognize when you need more help.** If problems continue or you are thinking about suicide, talk to a psychologist, social worker, or professional counselor.

## Effects of Stress





# STRESS SYMPTOMS



Lack of concentration



Nervousness or anxiety



Increased anger or aggression



Irritability



Sadness



Tense of aching muscles  
Headache  
Rapid heartbeat  
Sleep disturbances

My Mental Health Day® [www.MyMentalHealthDay.org](http://www.MyMentalHealthDay.org)

## Common STRESSES & CURES

financial stress bills & debt	>	headaches & insomnia	
lack of sleep	>	fatigue & lethargy	
technostress email, phone, texts	>	tension & stiffness	
overexertion	>	shortness of breath	
relationship stress	>	cardiovascular disease	
illness & injury	>	heart disease & diabetes	
heavy workload	>	poor eating habits	
feeling criticized	>	high blood pressure	

**get organized & make a budget**

**remove distractions**

**disconnect!**  
hike, bike...

**take a time out**

**have an open discussion**

**eat a healthy diet**

**prioritize tasks**

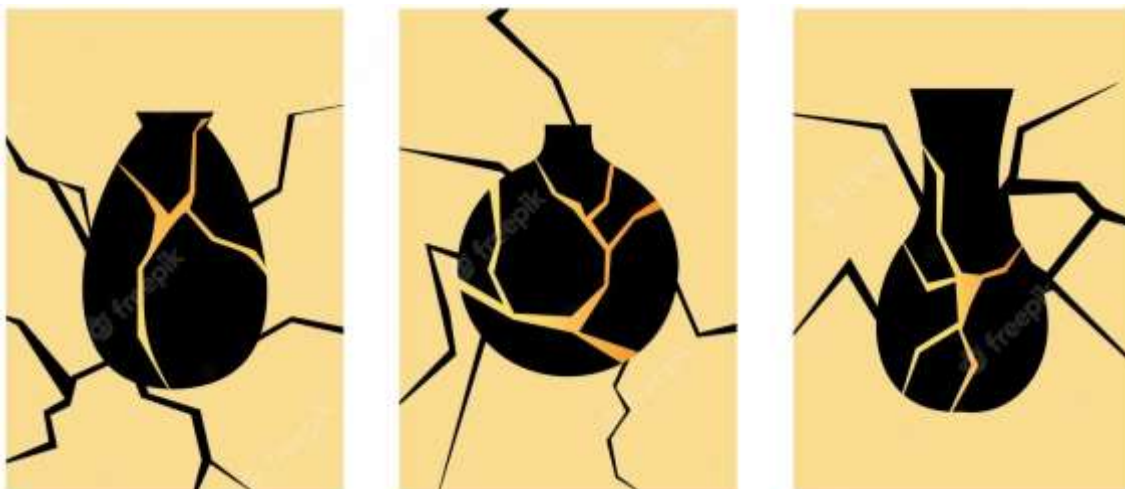
**build a support network and make new friends**

*Kintsugi* (golden joinery), also known as *kintsukuroi* (golden repair) is the Japanese art of repairing broken pottery by mending the areas of breakage with lacquer dusted or mixed with powdered gold, silver, or platinum.

At times there can be immense pressure to measure up to the expectations of society, our families, our friends and even those we have for ourselves. Many feel disappointed over lost opportunities, conventional lifestyle, stuck in dead-end jobs, relationships and caught between deadlines and targets. The hard reality can shatter our dreams, leaving us with fragments we perceive as worthless.

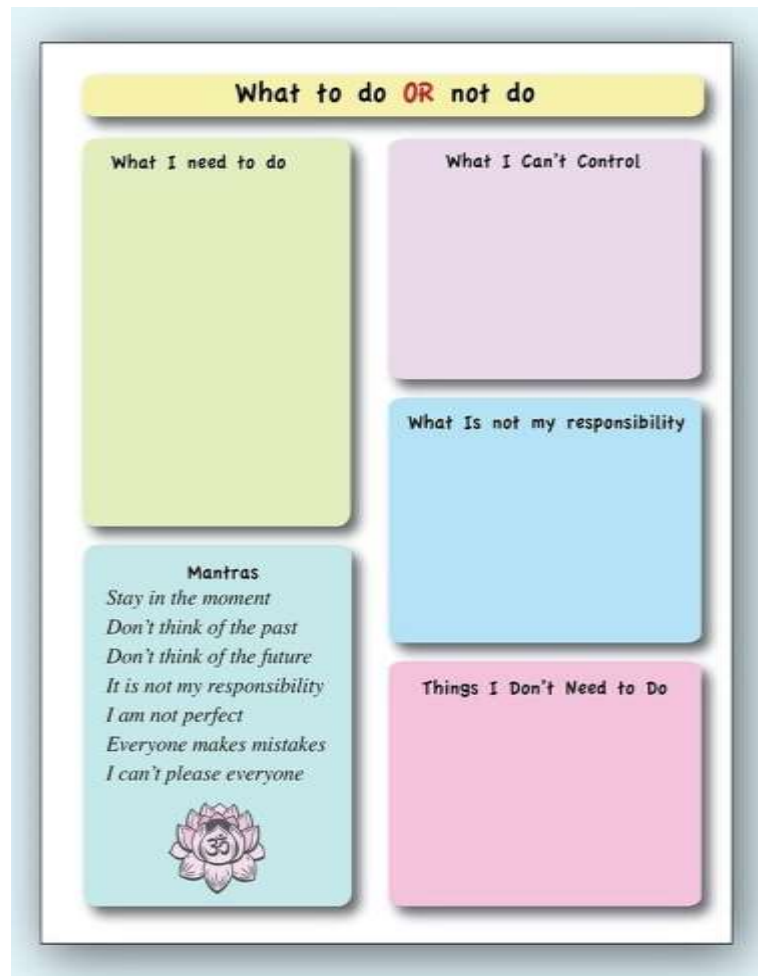
Feelings of failure can take a long-lasting mental toll but they don't have to stop you in your tracks. One such practice is the Japanese art form of *kintsugi*, which means joining with gold. This practice is influenced by Zen and Mahayana philosophies, which champion the concepts of acceptance and contemplation of imperfection, as well as the constant flux and impermanence of all things.

As a philosophy, *kintsugi* treats breakage and repair as part of the history of an object, rather than something to disguise. If a bowl is broken, rather than discarding the pieces, the fragments are put back together with a glue-like tree sap and the cracks are adorned with gold. There are no attempts to hide the damage, instead, it is highlighted. The practice has come to represent the idea that beauty can be found in imperfection. The breakage is an opportunity and applying this kind of thinking to instances of failure in our own lives can be helpful.



# Time for Trivia

Something to help with fight stress off...



(Example of Stress Journal)

## Quiz & Worksheet - Stress Management

1. Which of the following is not a part of stress management?

- Making changes to your life if you are in a stressful situation
- Practicing self-care
- Managing your response to stress
- Igniting the flight or fight response

2. Which of the following is not a benefit of stress management?

- Reduced blood pressure
- Deep breathing
- Clear cognition
- Good mental health

3. Which hormone, that affects our immune and digestive systems, is released into our bloodstream when we are stressed?

- Melatonin
- Serotonin
- Cortisol
- Dopamin

[You can read more about Stress on:](#)

- <https://www.cdc.gov/violenceprevention/about/copingwith-stresstips.html>
- <https://www.who.int/news-room/questions-and-answers/item/stress#:~:text=Stress%20can%20be%20defined%20as,to%20your%20overall%20well%20being.>

You can read more about Kintsugi on:

- <https://www.theconversation.com/how-the-philosophy-behind-the-japanese-art-form-of-kintsugi-can-help-us-navigate-failure-193487>
- Picture courtesy: Freepik

*Have something on your mind, share it with us at*  
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