

# Managing Stress with Yoga During COVID 19 Crises

**Sukanya Pathak**

Gauhati University, Boragaon, India.

Corresponding author: [pathaksukanya24@gmail.com](mailto:pathaksukanya24@gmail.com)

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**Abstract:** With the extension of corona virus all over the world the government of many countries declare lockdown to avoid spread of this deadly virus. During this period people staying at home are gripped with fear, anxiety, depression and mental disorders. This paper discusses how humans can make their mind calm and relax by doing yoga. Yoga is an age old natural therapy gifted to us by our ancestors which is effective to lead a healthy lifestyle. People staying at home must practice this antidote therapy which connects humans with nature.

**Keywords:** anxiety, corona virus, fear, stress management, yoga

## Introduction

The whole world has come to a standstill with the unpredicted corona virus pandemic spreading rapidly across nations and country. With the growing darkness of corona virus engulfing the entire world, forcing people to stay at home, people are fighting with anxiety, fear and stress problem. Apart from having grave impact on the physical health, economy, education, social, cultural and political spheres of civilization, Covid-19 has had a tremendous effect on the mental health of people as well. History has been a witness to the fact of how any pandemic and its aftermath had proven to be detrimental not only to the physiology of the human being but also to the mental health of the masses that have fallen victim of the pandemic. As soon as the instance of mental health comes on the purview issues or concepts of stress, frustration, anxiety, worry, strain, trouble, distress, pain and other such synonyms are likely to cover up the discussion. Hence, the pandemic of Covid-19 and stress could be drawn or framed parallel to one another. The pandemic of Covid-19 without any doubt demands or seeks management in every field which can be assigned to be the most important skill during moments of crisis. But it cannot be denied that management and stress or mental trauma cannot move or go together.

It is at this point that the importance of yoga or meditation can be sensed or realized to the fullest. The practice of yoga and its relation to the physical, mental and spiritual aspect of human existence is a fact that has been over the centuries pronounced by different and eminent persons as well as in different religious and spiritual faith or practice like Hinduism, Jainism and Buddhism most importantly. Almost all schools of philosophy in India particularly have emphasized upon the discipline of yoga and its impact as well as significance in human existence. During the time of the Covid-19 pandemic when the nation and the world were under the imposition of lockdown, it is important to note that different philosophical and spiritual traditions underlining the system of yoga were emphasized upon. It is believed that yoga and spiritual meditation only has the power to heal the physical and the mental pain or trauma including fear and anxiety that the pandemic brought about and at the same time inculcate a sense of hope and optimism in an atmosphere of darkness and distress and can as such promote management which is crucial during moments of pandemics.

## Stress During Covid Period

During these COVID days fright and distress have get hold on us all of a sudden. Anxiety and fear seem to be growing at an exponential rate, and a cloud of uncertainty is being cast all over us. The continuous media cycle and deluge of What's App messages surrounding this outbreak, has only made matters worse. It's a high time we indulge" Yoga – a long live therapy to enhance immunity" in our daily routine.

## Why Practice Yoga

It is a pragmatic fact that yoga is one of the best strategies for managing stress and increasing wellbeing. People who practice yoga experience less anxiety, less depression, and fewer symptoms of post-traumatic stress disorder. Covid

19 does not discriminate when it comes to who will be affected, along with this wakeup call of fear, panic anxiety, stress there is an emergency to keep our mind relaxed and calm which can be done with the practice of yoga.

- Yoga emphasis on breathing and mind/body/sprit connection which yields strong emotional benefit.
- Yoga has a healing effect on the body. Yoga can be said as the promise antidote to stress with possible effects.
- Yoga is an easily accessible tool for any body types or physical ability.
- Yoga connects a person with nature.
- Yoga allows clearing the mind and reaching a more peaceful life approach.
- Yoga also improves wellbeing, including increased gratitude, compassion, relatedness, acceptance, centeredness, empowerment, self-esteem, compassion, self-awareness, and hope.

### Role Of Yoga in Managing Stress

The traditional practice of yoga was quite rigorous, arduous, entailed lifelong devoted practice and adherence. Yoga is recognized as a form of mind-body medicine that integrates an individual's physical, mental and spiritual components to improve aspects of health, particularly stress related illnesses. Evidence shows that stress contributes to the cause of heart disease, cancer, and stroke as well as other chronic conditions and diseases. Due to the fact that stress is implicated in numerous diseases, it is a priority to include a focus on stress management and reduction of negative emotional states in order to reduce the burden of disease. Viewed as a holistic stress management technique, yoga is a form of remedy that produces a physiological sequence of events in the body reducing the stress response. The scientific study of yoga has increased substantially in recent years and many clinical trials have been designed to assess its therapeutic effects and benefits of yoga.

Diverse yoga techniques have been documented to help in stress management. These techniques operate at an individual level and also at a collective level to secure that there is significant respite from the condition of extreme stress. They help in relieving the physical as well as psychological negative effects of the problem by ensuring a healthy and productive response to stress stimuli. It is observed that yoga improves attention and emotional control as well as affects the nervous system, making the parasympathetic nervous system more dominant and stabilizing the autonomic nervous system to enhance resistance to the effect of stress. Yoga practices including asans, slow breathing, meditation, increases activation of mental relaxation. Yoga is a way of improving our self & understanding our internal state.

Yoga provides a simple and easy technique to manage stress with **PRANAYAMA**. The Sanskrit word 'pranayama' translates to 'regulation of life force energy' (prana). It involves a series of deep breathing exercises and other techniques that aim to control inhalations and exhalations, and sometimes include breath retention. Pranayam helps in boosting the immune system and also strengthen the repository system. The regular practice of pranayama offers a multitude of physical, emotional, and mental health benefits.

Another best method of that yoga presented to us to clam our stress level is **DHYANA** or meditation. Dhyana yoga enables one to focus and concentrate better. Its purpose is to detoxify the unconscious, develop focus, clear the brain, and bring about various levels of specific breaking of the bread with God. Dhyana Yoga exercises allow the person to relax his thoughts and allow him/her to look at the outside globe without any disruptions. This allows him/her to reach increased stage of attention. Dhyana Yoga exercises allow each cell in one's body system to renew and replenish itself. It also helps digestive function and makes breathing more efficient as well as enhances movement and quality of blood. Moreover, it enhances your ability to evaluate your feelings logically, and the way you respond in certain situation

We all should appreciate the bodily profits of yoga. Its practice gives psychological benefits, like stress reduction and a sense of well-being, and spiritual, such as a feeling of connectedness with God or Spirit, or a feeling of transcendence. Certain poses can be done just about anywhere and a yoga program can go for hours or minutes, depending on one's schedule.

### Rules For Practicising Yoga

- **Proper Timing** - "*Early to bed and early to rise makes man healthy, wealthy and wise*" is a universal adage. Yoga practitioners should go to bed early, have a sound sleep and get up early in the morning,
- **Good environment** – A hustle free environment is very important for practicing yoga. A green park or a room with proper air/sunlight and a clean and plain surface is most suitable for doing yoga.

- **Yoga mat** – Yoga practice must be done in yoga mat or any floor mate. Even one can do in carpet too. Many people prefer green grass for doing yoga.
- **Suitable dress** –One must prefer comfortable wearing clothes that are breathable, fits well and will wick the sweat away from body.
- **Regular practice of yoga** – One must make it a habit of practicing yoga on a regular basis. Regular practice of yoga makes a person body flexible and tension free.

### Yoga Asans for Reducing Stress

- **Balāsana (Child’s pose)**  
Bal Asana Is Beneficial Pose For Lymphatic System And Nervous System. It Calms Our Mind And Release Stress. It Also Stretches Thighs, Hips And Ankles And Helps In Relieving Neck And Back Pain.



- **Eagle Pose**  
This pose requires concentration and focus the mind to a single point, which is an excellent stress management tool. It can also help to free up tightness in the shoulders and hips, which are common spots for emotional tension to accumulate.



- **Corpse Pose**  
This is the ultimate relaxation pose Many people associate corpse pose with sleep which can absolutely be true, but the special thing about this pose is that it’s one of the few postures where our muscles are 100% relaxed (including our mind) which is untrue of sleep where our muscles are actually still working.



- **Seated Forward Bend**

This pose helps in stretching spine, hamstring and lower back. Apart from relieving stress, this pose will improve digestion, stimulate liver, reduce fatigue



- **Legs Up Wall Pose**

This exercise is highly influential in promoting the circulation of blood in the body, in addition to letting the body and mind feel enormous tranquillity.



- **Crocodile Pose**

Crocodile pose is another beautiful Yoga practice that can be enjoyed for immense mental peace and composure. It gives rest to the spine, shoulders, neck, and other parts of the body.



- **Sukhasana**

The name Sukhasana means an exercise of refreshment. It is an amazing sitting pose, which stands for inner happiness and recreation. The spine also gets elongated and the body feels stability in an awesome way while relishing the beauty of Sukhasana.



## Conclusion

In conclusion it can be said that yoga is one of the best stress management tool which can be easily practice during this lockdown period. Yoga not only makes our lives stress free but also fills our body with an active sprit. It is observed that the nature of yoga is controlling the mind and central nervous system and it has a moderating effect on the nervous system, the hormonal emissions, physiological factors, and regulation of nerve impulses; therefore, it can be effective in improving depression and stress disorders.

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