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TRAINING BRAIN TO UNPLUG AND RECHARGE? TRY CHANTING MANTRA

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Stress is any demand placed on our physical body or brain leading to unspecified emotional, physiological and psychological pressure that invariably impacts our daily lives. Stress elevates with anticipation of adverse situations that may arise due to inadequate resources in face of impending demands. Although not harmful per se, persistent stress may jeopardise not only our physical health but also put our brains to premature ageing. Acute stressful situations lead to hypothalamus-pituitary-adrenocortical system (HPA) dysfunction and secretion of stress hormone, cortisol sets in. In relay events, increased levels of cortisol lead to several health problems. There is activation of brain area amygdala, resulting in anxiety disorders and poor mental health. The stress 'signature' appears in our brainwave pattern indicative of electrical activity emanating from brain. There are four categories of waves, ranging from the most active to the least active (or relaxed brain). The former produces beta waves while a relaxed (idle?) brain is in alpha state. Recent researches have shown that our brains need downtime not only to rejuvenate but also to process recent experiences and for problem solving. In nutshell, we all need to break free from beta state and put our brains to alpha state, the brain's 'off line mode'. There is nothing wrong if the brain requires substantial downtime to remain industrious and generate its most innovative ideas. For many of us, in the first take, idleness may be mere wasting of time. However, in the age of busy-ness it is neither a vacation, nor an extravagant or a wrong act; it is as indispensable to the brain as vitamin D is to the body. In fact idleness is the only way to unplug brain, give mind some much-needed peace, and to recharge the system. Of late, in pursuit of high profile careers, our vulnerability to 'hi tech' stress has increased. In many workplaces it has become a number one occupational hazard and a significant health issue. If term "burnout" refers to workers' reactions to chronic stress common in occupations involving direct public interactions, then any caring profession would definitely leave workers stressed and burnt out. If our perception to situations is the main architect of stress, then the most effective stress management would come with our own efforts. No one understands our body system more than we do. We should look for skills that keep us calm and give us positivity. The best approach would be to weave into our daily routine some simple activities for emotional equilibrium. Meditation is a means to tap into deep source of positive energy and joy. It deepens our connections with others and with the world around us. Meditation enables our brains to move from higher frequency waves to lower frequency, and activates different centres in the brain. With meditation comes relaxation and secretion of 'Happy' hormone, endorphin that leaves us de-stressed and rejuvenated.

Biography

Inderdeep Kaur has travelled widely and participated in several international conferences. In a bid to help undergrads de-stress, she has picked up Stress Management and Traditional Meditation Practices. She was invited to conduct a workshop on Stress management in Philadelphia- Stress Management Summit 2015. In Amsterdam, she conducted a workshop on Chanting Mantras during an international conference on Nursing Global 2016. In Dubai 2017, she exchanged her views on Traditional Medicines. She has also published articles like Sleep: the Science of Mind at Rest and Traditional Medicines and the Safety Issues. At home, she is known for delivering counselling sessions for undergrads on de-stressing. Herself, regular at performing these meditative exercises, she has a vision to target the spiritual self of the person for she believes that medication is available for body and to some extent mental ailments but soul and spiritual health needs to be achieved with practices like meditation.

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