

## Stress in Education

Prominent educationist, [Sunil Karve](#) provides stress-busting tips to students.

Media reports regularly speak about students being 'stressed' due to pressure at school and at home. This 'stress' is actually the mental and emotional strain that is a result of doing activities one does not enjoy.

*Stress is different from tiredness.*

The body feels tired after putting in lots of physical work whereas the mind gets stressed when one is not enjoying work.

*Students may feel stressed owing to:*

- A perception that the programme he/she is pursuing is difficult, boring, useless or having no practical relevance
- Fear of failure
- The attitude - "That is not for me....its for xyz cos he/she is a scholar...."
- Conflict at home regarding the value of the programme pursued

*Myth: Excess hours of studying/ too many tuition classes can cause stress*

*Fact: Excess hours of studying/ too many tuition classes can make one tired but cannot cause stress. It is the quality of happiness one feels from what one is doing that determines the stress levels. If one enjoy one's studies, then stress will not occur.*

*Stress taking capacity depends on:*

1. To what extent is your mind to view things positively?
2. What is your stress taking capacity?

If either of these is weak then stress will affect mind and start eating body.

**Take stress head on:** Take a pause and first work on training your mind to look at things in the right perspective.

Here's how:

- Develop the art of being with yourself
- Introspect - Start looking within

- Train your mind to look at positives
- Seek help of a mentor who will guide you through
- Realize: the situation may not be controllable; reactions to the situation are surely in your control

Students must work hard at reaching a state of mind where one feels that everything is beautiful in its wonderfulness. Else, negativity will increase and stress will eat the precious mind even the body. One must take enough efforts to make one's mind so powerful that stress doesnot creep in at all.

Understand this: It is ONLY YOU who can alleviate your stress-levels

- See the larger picture: The programme you are pursuing is only incidental. You must crave for pursuing all knowledge in the world.
- Be a universal student: God has not only send you to learn a specific programme, you have actually been sent to learn everything
- All humans have the same configuration: If xyz can achieve success then why not you?
- 'I will and I can' - tell yourself positive things everyday
- All humans have been gifted with an unlimited capacity to learn everything
- Keep an open mind: there is nothing like "I cannot" or "I don't like"
- Healthy comparison with other achievers helps

*Meditation: a powerful exercise for the mind:*

The level of your stress will depend on the fragility of your mind. Just as a weak body feels more tiredness, so also, a weak mind feels more stress. It is thus important to work on improving the capacity of the mind.

Just as one's face and body needs cleansing so also the mind needs cleansing. The negative, restrictive thoughts and inhibitions that cloud one's mind will be cleansed through meditation and the mind will thus be refreshed. Just as one takes instructions from a fitness instructor for body training so also it is necessary to take guidance one who is already practicing it. Meditation will allow one to

become aware of the immense capacity of one's mind. Initial attempts at meditation may be difficult but regular practice is the key.

Meditation is not complicated:

- Anywhere you are, close your eyes
- Be aware of your whole being
- Relax your entire body and feel the space of your mind
- Don't fight with the thoughts
- Thoughts are like clouds let them melt away

To relieve stress temporarily: Switch off your mind and do something you enjoy most. Playing with a baby, chatting with a close confidant, stroke a pet, go for a walk – just anything you enjoy can be a shortcut to achieve a 'meditation-like' state of mind.

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Prominent educationist, [Sunil Karve](#), Founder Trustee and Vice Chairman of MET League of Colleges has authored this article.