

AD: Jubilee Project „YIDL in medical care“

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## **Help and prevention for stress in school by the application of Yoga in Daily Life**

### **1. ABSTRACT**

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## **2. HELP AND PREVENTION FOR „STRESS IN SCHOOL“ BY YIDL**

### **A) The work with YIDL for children, students and teachers: Stress in school - YIDL helps!**

#### The health situation in Austrian schools

The health situation of children, students and teachers could be improved. For this reason the Health Ministry raised a special Health Care Service for schools „Healthy School“.

#### The main health problems in school:

Headaches, fatigue, nervousness, sleeplessness, bad temper, aggression, depressiveness and even depression and burn out.

All these psychosomatic illnesses are typical symptoms of stress in school!

There are many good activities to face these problems. But if you are a Yoga in Daily Life teacher there is only one intention to help children, students and teachers with the most perfect and most effective system, Yoga in Daily Life, the system for body, mind and soul.

#### The preconditions for the work with YIDL

As a Yoga in Daily Life teacher I established yoga classes for children, students, and teachers - 2 to 4 hours per week - in a grammar and high school (Gymnasium) and also YIDL workshops in more than 20 elementary schools. As YIDL got a very good reputation in Vienna the manager of the Austrian Health Care Service for schools invited me to give YIDL

seminars for teachers of all types of schools. During 8 years more than 50 seminars - 2 to 3 days each, were put into practice.

The subjects of work: YIDL for beginners, against backache, for healthy joints, with children, a help for dyslexia, against asthma, against overweight, etcetera, *and especially YIDL as a help and prevention for stress.*

It soon turned out that stress in school is the main health problem. This „STRESS“ means the negative stress, the so called distress, which causes an imbalance of the sympathetic and the parasympathetic nervous system. It is an illness of body, mind and soul and very often it is the activator of other very serious diseases like heart stroke, brain stroke, gastric ulcer or even cancer.

### **The methods of YIDL against stress**

a) RELAXATION is the antipole to stress, it is the most basic precondition of all other yoga exercises. In many yoga schools relaxation techniques are missing. In YIDL it is an important factor. „Yoga Nidra“ is the most beneficial help against stress.

b) ASANAS – body exercises are psychosomatic exercises with a strong impact on the body, mind and soul.

Stretching and relaxation of muscles exerts a strong influence on the tensed body and on the perception of stress. Some of the Asanas have a special balancing effect on the nervous system like for example: Shashankasana - Hare // Virasana - Heroe Pose // Ekpada Pranamasana - Greetins on One Leg // Mrigasana - Deer,



etcetera

c) PRANAYAMAS - breath exercises calm down the nerves and the thoughts. „Nadi Sodhana“ ist the most healthful anti stress technique, because it perfectly balances both parts of our vegetative nervous system.

d) MEDITATION and CONCENTRATION bring clarity, positive thinking and a positive attitude towards life.

*All these 4 techniques have a very strong **balancing effect** on the function of the sympathetic and the parasympathetic nervous system.*

## **B) The experiences with YIDL - statistical evaluation of the feedback of children, students and teachers**

During 2 years (September 2008 - June 2010) children, students and teachers regularly gave feedback regarding their own experiences with YIDL and stress.

91% of the **TEACHERS** practice YIDL against stress during their breaks in school and at home. They prefer the techniques a) and b). They can hold out longer working periods, they feel physically and mentally stronger and have more self-confidence. Their quality of life visibly increases, and they apply YIDL very successfully



in the classes with children and students. The feedback of the **CHILDREN** (age 6 to 13 years) in elementary schools as well as in grammar schools:

82% of them prefer short relaxations of 10 minutes and the Tiger Pose. They adore all asanas with animal postures. They relax or even

fall asleep when practicing Trataka – concentration on a candle flame. 98% of them report that „their stress is less, their concentration is much better and they feel much more comfortable in school“.

99 % of the **STUDENTS** (age 14 to 19 years) report that „Yoga Nidra“ - „Sleep of the Yogi“ is the best relaxation technique for them, because it totally calms down, balances and lets them feel clearer and stronger in mind.

This study shows that YIDL is THE PERFECT SYSTEM for children, students and teachers to cope with stress.

**But seen from a global perspective this attempts to help are just a drop in a bucket.**

### **C) A future vision**

YIDL should be a compulsory subject in all countries of our world.

BUT: Not only the stress balancing methods should be on the time table, but also the ethic principles of YIDL. It is necessary to speak to our young generation about the high value concerning human life and God. As Swamiji says, without any spiritual education humans often live like animals. It is necessary to create harmony between the people and between mankind and nature, so that there will be no more stress anywhere, no wars, no torture of animals, no inhuman working conditions, no drug abuse, etcetera.

**What our world needs now is the application of spiritual and ethical**

**principals of YIDL - not only in schools, but everywhere!**