The ENERGY Magazine

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View From A Coach Window – Influence

What is the formula for happiness? The Indian Philosopher, Krishnamurti had a mantra he took with him everywhere:" I don't mind what happens" - quite a philosophy. There are moments in the day when we find peace or joy and then these moments might be disturbed by an event, a thought or both. Stress then takes control and that can influence the way we communicate with others. For the next three months Jenny Charles, an MBACP accredited psychotherapist and counsellor will present a 3-part guide especially for The Energy Magazine.

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Managing Stress & Anger: Part 1 – Jenny Charles

Welcome to part one of three articles on helping you to deal with stress and anger in your life. Each month I will give you tips on how to deal with these difficult emotions in a constructive rather than destructive way. It's difficult to know whether we get angry because we are stressed or stressed because we are angry. Either way the physiological reaction is the same as our body prepares itself to defend ourselves from a perceived attack or escape from the situation. This automatic reaction is known as the 'fight or flight' response; our muscles tense, ready for action, and our heart beats faster to carry blood to where it's most needed - the muscles and the brain. Whether we are having a disagreement with a colleague or struggling with financial worries, our body reacts as though it were gripped in a life-or-death struggle. Generally in life we need balance, so if you are experiencing stress or anger the first things to ask yourself is "Do I have a balance in my life that is right for me"? (e.g. Diet, Exercise, Working Hours, Emotional Well-Being etc). Do I make time for my own needs as well as others? If you answered no to any of the above questions, what changes do you need to make? We will look at this in more detail in the next two articles.

STEP 1: Identify the situations that cause you to feel stressed or angry by keeping an anger/stress diary for a month. At the end of the month review it: Are there particular situations that recur? Is it with the same person? Is there a recurring theme?

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The A-Z of Meditation: Mantra

In 1973, Stevie Wonder sang "Transcendental Meditation gives you peace of mind". The 'TM movement' was led by the Maharishi Mahesh Yogi when he introduced Transcendental Meditation to the Western pop scene in the mid-60s. TM is usually centered round the use of a mantra which can be silent (recited internally), spoken (like a chant) or sung. Mantra is an ancient Sanskrit word: "man" is *mind*, "tra" is *tool* and so it is literally a Mind Tool to anchor us during our meditation and keep us completely attentive to the present moment. Mantra acts as a defence against the mind wandering and other negative influences while its effectiveness lies in its repetition.