

VENTURING OUT



CASPAR DAVID FRIEDRICH, *The Wanderer Above the Sea of Fog*

STEPPING OUT

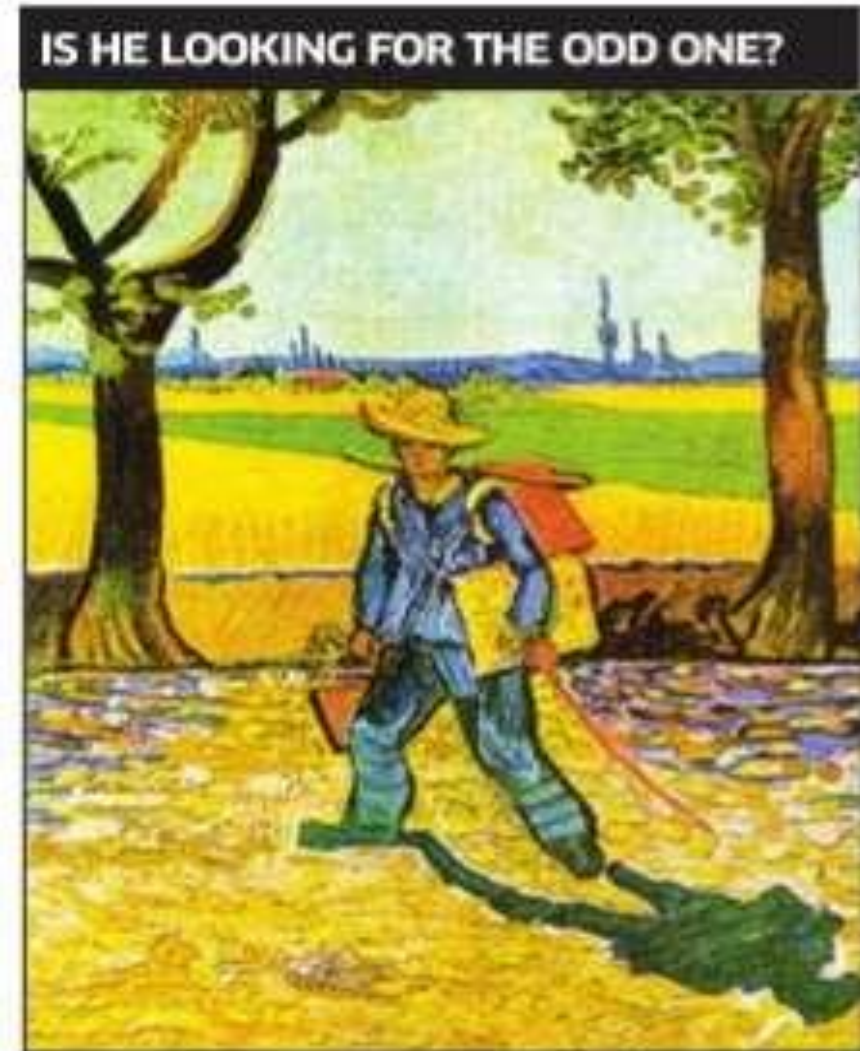
Responsible Adulthood

Class 12 onwards

Source for all pictures only : The Economic Times (Delhi) January to April 2016 .

1stStep: Be Aware of your Environment

1. About Me and those I care for?
2. Unsafe zones in the city/town :
3. As a student? As a working person?
4. How prepared am I here?
5. How will any commotion or disorder here, impact me ?



VINCENT VAN GOGH,
PAINTER ON THE ROAD TO TARASCON

2nd Step: Power In Your Own Hand

1. Physical versus Emotional power?
2. How is it planned to be put to use?
3. Will the impact of the use of my power be positive ?
4. Will it be damaging or destructive?
5. Short term / Long term?
6. What are limits to my freedom in this place?
7. Do I have information about the laws applicable to me here?

3rd Step: Information on Challenges

1. What challenges would I face in this study or work environment ? What kinds of situations are likely to develop here and to extent to which they will impact my studies or work?
2. How do I prepare myself to face them?

Empower yourself with relevant information:

1. Prepare a Reference List of Laws, Rules and Regulations applicable to you in the line of your chosen profession.
2. Try to make a folder of these and read the major provisions.
3. Share your reading with at least one person, parent or friend.

MANAGEMENT OF YOUR TIME AS PER FOUR PRIORITIES

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1. URGENT and Important

Reviewing, revising and completing the studies or work for that day.

Preparing for the next day:

a) Preview of chapters to be covered in class on the next day . Collecting the study material and documents to be taken. (b) Selecting clothes to be worn

2. NOT URGENT but Important

- Daily Exercise and Walking
- Daily Fruits Intake
- Daily Bath and prayers
- Daily Newspaper reading
- Daily Vocabulary value addition

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3. Urgent but NOT important

- INTERRUPTIONS
- SOME PHONE CALLS
- MANY POPULAR ACTIVITIES

4. Neither urgent nor Important

- TRIVIAL BUSY WORK
- Some Social Networking
- TIME WASTERS such as TV for time pass
- ESCAPE ACTIVITIES

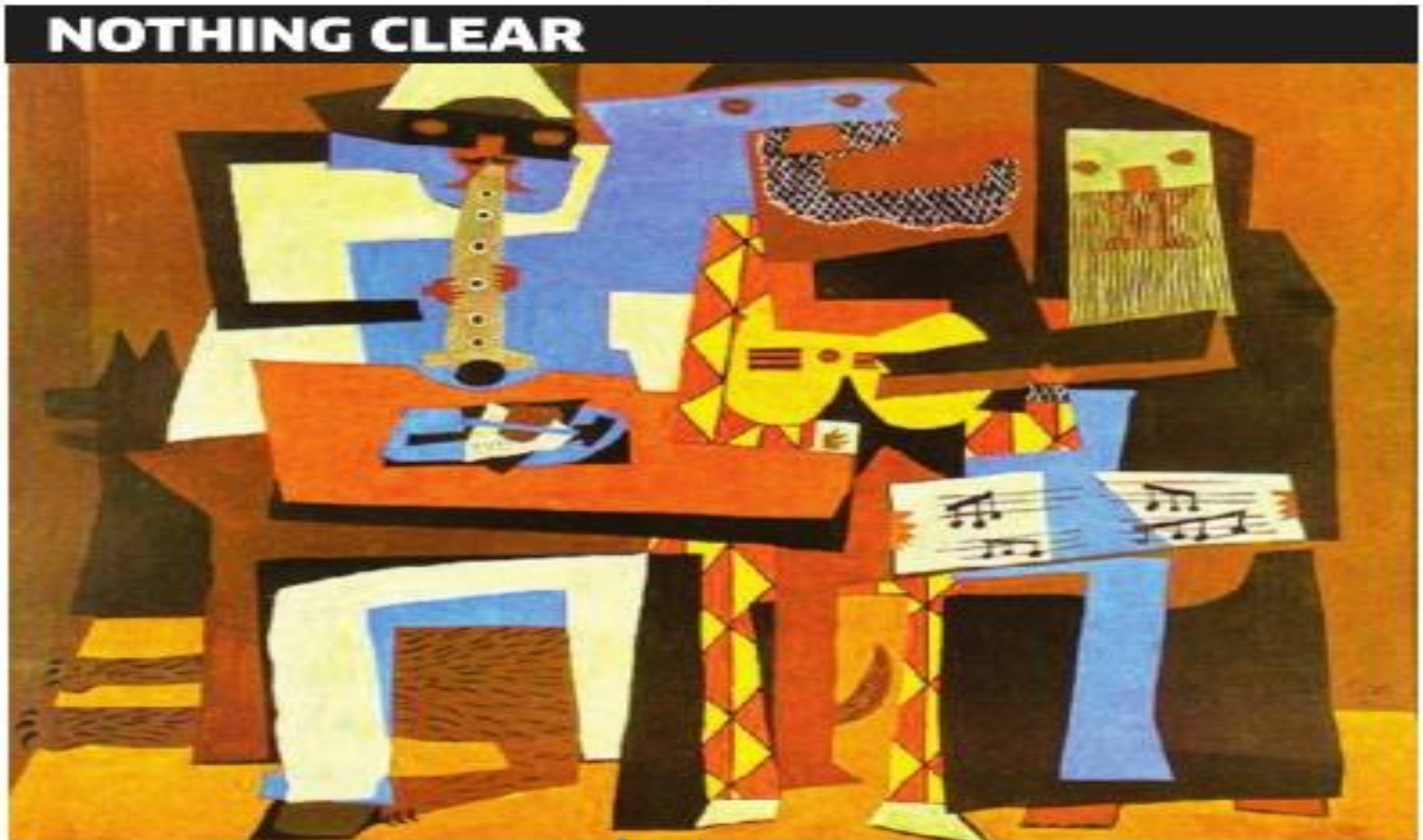
Will you have faith in such a situation? The emotional situation of a young person (18 to 28 years) is similar to that depicted in this painting. Ask yourself whether you are mentally prepared for the uncertainties ahead in life. If not discuss with parents.

HAVE FAITH



REMBRANDT, *The Storm on the Sea of Galilee*

Nothing will be clear until you have clarity about what you want to do with your life. If you do not know where you want to go, it will not matter which road you take. For a clear and settled life, staying within legal boundaries helps. Middle path and a balanced life is known to be the best path, as it provides stability in life by avoiding the extreme situations. Happiness Index is as important as wealth index.



NOTHING CLEAR

What is Stress?

1. Stress is **any external signal** that the brain interprets as a THREAT.
 - 1.1 This **creates FEAR**, that causes ANXIETY, that lingers on in the long term
 - 1.2 ANXIETY **alters the state of the mind** and of the body.

2. STRESS can be POSTIVE or NEGATIVE
 - 2.1 **Positive stress stimulates** energy and motivates
 - 2.2 **Negative stress** is a drain of energy and leads on to depression.

Sources of negative stress

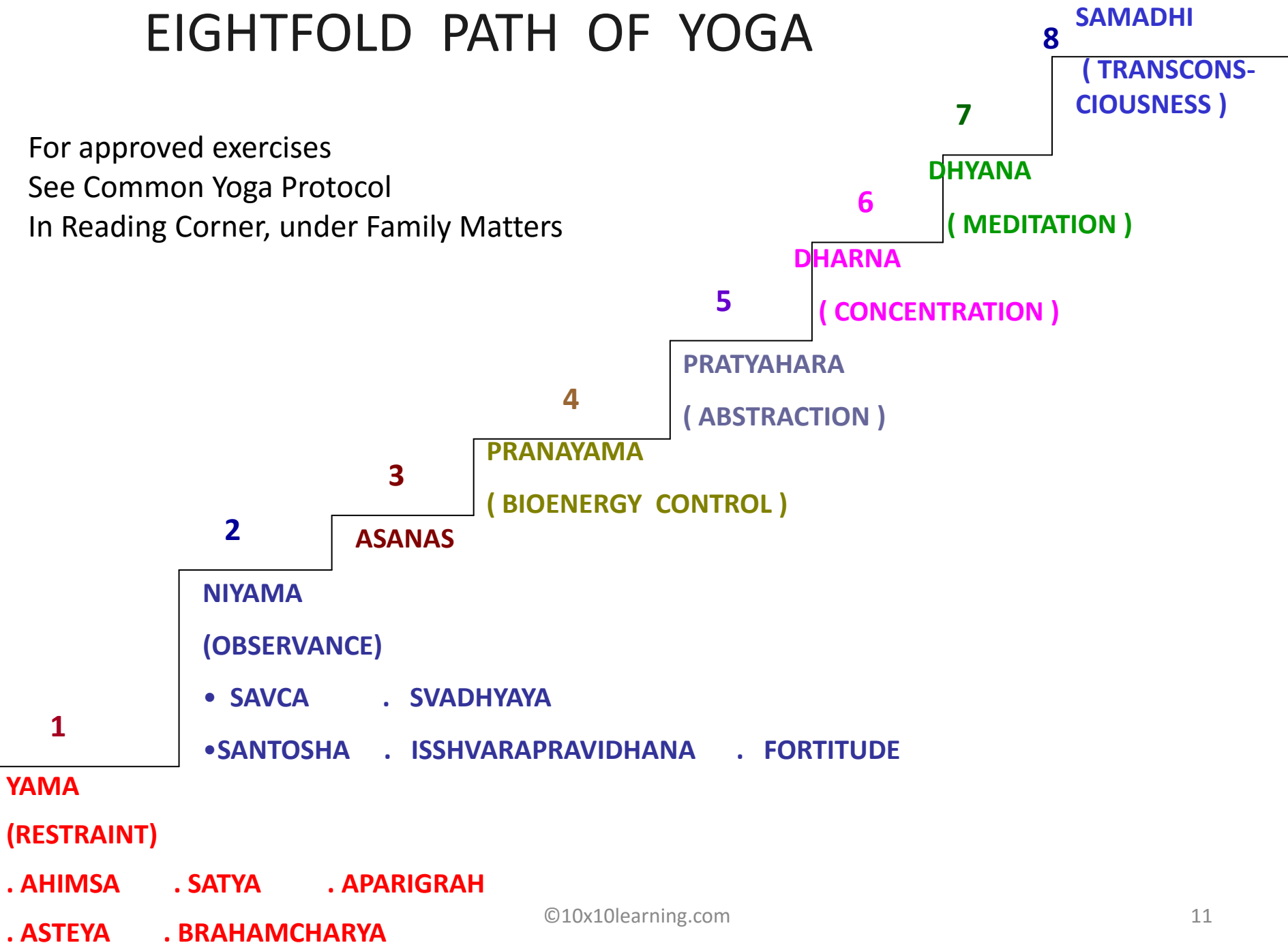
1. Negative Stress can be **caused by Social Factors**:
 - (1) Family Pressures
 - (2) Economic Conditions
 - (3) Consumerism
 - (4) Re-location
 - (5) Uncertainty in life
2. **Working towards self reliance** in all the needs of daily life provides a framework **for emotional stability**. Reduces uncertainty caused by others.

Simple ways to stress free life

1. Live in the happiness of what you are. **Live in the present.**
2. Develop the art of having patience.
3. Choose to **be kind**, over 'being right'
4. **Learn to forgive** and forget, and **move on.**
5. Stop blaming others. Try to know your own faults first.
6. **Good thoughts have a great power** to change and make everyone happy.
7. Select a few simple Yoga exercises of 15 to 20 minutes and do them regularly.

EIGHTFOLD PATH OF YOGA

For approved exercises
See Common Yoga Protocol
In Reading Corner, under Family Matters



CAUSES OF MODERN

ILLNESS

For approved exercises
See Common Yoga
Protocol
In Reading Corner, under
Family Matters

LACK OF EXERCISE

DISHARMONY BETWEEN MIND AND BODY

STRESS

POLLUTION AND INFECTION

YOGA

PROMOTES PHYSICAL WELL BEING

BRINGS HARMONY

**MODULATES STRESS RESPONSE AND ONE'S
ATTITUDE TO STRESS**

**FORTIFIES IMMUNE SYSTEM &
STRENGTHENS DETOXIFYING SYSTEM**

YOGA IS THUS

- **PROPHYLACTIC (PREVENT STRESS)**
- **CURATIVE**
- **PROMOTE PHYSICAL, MENTAL & SPIRITUAL DEVELOPMENT**