



TECHNIQUES AND WAYS TO CONQUER WORRY

Dr. B.M. alias Santoshrao Thakare

Dean, faculty of Social Sciences, Sant Gadge Baba Amravati, University, Amravati.

'Worry' is a very normal part of human nature and existence itself. Ninety nine percent human being spend sleepless nights, worrying unnecessarily speculating about things most of which are not going to happen and thus waste a lot of their time and emotional energy. Why do they do this? In a way it is working other than "borrowing trouble from the future". Every day and for every occasion, we waste a lot of our time by worrying about what to do, how to do, when to do and why to do that etc. unnecessarily. A very good example is that of our students, when examination are fast approaching they launch themselves in to a new session of worrying it is quite rightly said 'haste is waste' truly this nature worrying for each and everything has very disastrous effect on an individual's life. And that is when we worry about future, really we are distracting ourselves from our present duties" (1) as our concentration is fully on what will happen. You do this, we forgot to devote ourselves fully to what has to be done and how to do to do it most efficiently and properly. We perform our work is affected in a very negative sense.

Once a disciple of Zen Buddhism asked his master what he had to do to become a faithful disciple. The master replied in a very cool and controlled manner, "eat when you eat and sleep when you sleep". The disciple was very disappointed to hear this and answered "that is what everyone does." But the master said "no, most of us think a thousand thought when we eat and dream a thousand dream when we sleep." In this way we spoil our present life also and main problem with us also is our failure to live in the present. Most of the human on this earth live either regretting the past we spent time dreaming of the future. In this confuse state of mind we forgot to understand the reality that the bygone past is the memory and future, which is yet to come, is only a dream and all that is our disposal and it available to us is our present-when we are actually alive so, as human being endowed with the capacity of thinking and taking decisions of our own, we have a very important and great responsibility and that is we have to try our level best to keep our worries under control and we are duty bound to explore and find the possibilities available which will help us to conquer worry and to lead a normal and tension free life.

Lord Beacon, in his contemplative poem, "Life" has written that "the world is bubble, and the life of man less than a span; in his conception wretched, from the womb so to the tomb; curst from the cradle, and brought up to years With cares and fears." (2)

In this meaningful poem Lord Beacon asserts that world is a bubble which is very frail in its thin-crustled blob, and in that bubble, life often appears less than its own span. Really, that the poet has the marvelous way to look at life. Of course, Saints, Philosopher, Poets and even Morons have often left the pangs of life's uncertainly and its momentariness. Lord Bacon has written in this vein as he is deeply aware of how the humans live, and how they shape their lives. These cares and fears are the things that decided life's span according to the poet actually the poem 'Life' is much longer than these few initial lines. Yet, the way the poet thinks over 'span', he places himself a cut above many of his tribe. Because when the life of any little individual is shaped with lot of cares, it is also counter-weighted by fears, accompanied by fears. There is nothing strange in this because when we go in to a deeper level we notice that the mother or father who shapes the little child's life with so many cares, worries all along that something could still go wrong and all the cares would go waste. This is the seen and substance of the "fears" that Lord Bacon talks about in his poem.

Such fears and worries not only dominate thought when one is just a little child, who is totally helpless and fully under the care of elders, but extend themselves in to adulthood, too as life's process often proves tiring to the soul upon which grows thousands of fears. When worry dominates one's life it gets bogged down by its weight and tends to shrink. Years may extend themselves in to long decades, but life may shrink and shrivel and remain increasingly dehydrated, high and dry. This is where Lord Bacon make fine distinction between life's span and life's life. And it is this one distinction that has made big impact on life's quality.

According to the Bhagvat Geeta, if one has to lead a care free and tension free life he has to conquer all his worries." (3) The different means and methods to conquer wrong are as under:

Ways to Conquer Worry

The first step to overcome worry is

1) Never deliberately worry about future

It is quite known to all that we don't have any power tomorrow. Yesterday is dead and gone, and tomorrow is yet to



be born. What is in our hand today and now is the present and it is really wise to do something that is within our capacity than to spend our valuable time worrying about what is beyond our reach. Worry lacks the expectation of good and emphasizes the probability of trouble. Frankly speaking most of the things that we worry about never happen. Hence Dr. Joseph Murphy has rightly remarked our life is series of catastrophes most of which never happen. (4) Truly we waste the most precious part of our time and life by worrying about so many things, which never ever takes place.

2) Refute the worry

When different types of problem and resultant worries pester an individuals, the best thing is to prove the worry to be wrong, by questioning it. Ask yourself how much possibility is there in the same to happen. And try to recollect and reassure yourself that how many times have similar worries come to nothing and proved futile. The more strongly and confidently you can refuel the myriad, you will gain control over yourself and load the tension less life, overlooking your problems.

3) Postpone your anxiety

Many holly books claim that most often “the reason for our worry is the mere shadow of a doubt.”(5) Human being by nature are pestered with many doubts different sorts of anxieties. The best way to escape all these are, in case you have doubts, wait to worry until you know you have something to worry about. Till that moment when you have to face the so far worried state, do have a positive thinking and avoid the habit of worrying ahead of time.

4) Challenge your fear

As we have already discussed, it is sure that most of our worries are baseless with the passage of time. Therefore, it is the best thing to asked oneself “what is the worst that can happen to me?” again ask, “how much likely hood is there of the something happening?”The next generation to ask as “what are the steps that can be taken to prevent that from happening?”When you try to find answer to these questions that will give you a strategy to do one’s best. The most important thing that to do is whatever is written our capacity and control.

5) Share your worries with someone

Another best technique to reduce the intensity of your worry is to share it with someone. This will not only decrease the bad effects of worrying on your mind and heart but will also make you a light hearted and relaxed. Once you share your worries with someone, that person will also share his worries with you and he will suggest certain suggestion and solution for your problems. This will help you to come out of your problems and to lead a better life feed of worries.

6) Distract yourself

To get rid of worry one technique is to distract oneself. For this purpose you have to feel your life and time with joyful and relaxing activities. Because once you are busy and engage in other activities seldom will you find time to worry about unwanted things. As is rightly said “empty mind is devil’s workshop”, when an individual is free, he is more tempted to pass his time by engaging in nursing worries in his mind. Hence start your day with various creative and useful activities like playing games, learning any artistic activity or how to use different instruments of music, painting, drawing, art, sculptures etc. Devote yourself fully to what you do and try to derive pleaser from that activity.

7) Relax

As stated in the book ‘Modern Abnormal Psychology’, out of the best methods to reduce the tress and stain of worry on your mind is to relax yourself. Engage in different types of activities and try to relax yourself fully.”(6) There are various type of exercise, yoga, dance, music, swimming, cycling etc. which will not only relax you but also keep you busy, engaged and refreshed and replenished.

8) Laugh

Laughter is the best medicine to reduce tress and worry. It is very easy to adopt in your life to check often as whether you can joke about what is worrying you. According to Dr. Noram, who had a terminal illness, with a 1/500 chances figured that if negative emotions caused negative chemicals in our in our body, then the positive emotions like happiness and laughter would bring positive chemicals in to our system. With this conviction in his mind Dr. Norman shifted from the hospital where he was to a hotel and rented humourious movies and literally he cured himself his illness by laughing. This one example is sufficient to inspire and invigorate us to be positive, happy and to laugh and get rid of worry from our life.



9) Place your trust in providence of god

When we look deeper in to the lives of people who always worry, we find their thoughts are centered around ‘I, ‘Me’ and ‘Mine’, as if these are the most indispensable aspects of their life. The most effective solution at our disposal as per the Bible is to place God at the center of your life”(7) If you can accomplish this, when you are beset with troubles and tribulations. You can easily turn to God and put your trust in Him so that He will protect you, treasure you and free you from all your worries and cares.

By adopting all these aforementioned steps into one’s life, the problem of worry can be kept at bay. In the Bible also Lord Jesus teaches “live one day at a time.”(8) Really, we human beings spend a lion’s share of our time either by crying about the past or by thinking and worrying about the future. In times of tension instead of worrying trust in God, read holy books like the Bible, The Bhagvat Geeta, The Ramayana or the Quran which will give you strength and help you to solve your problems and to lead a happy, relaxed meaningful and useful life for the benefit of other human beings and the society.

References

1. The Bible -The New Testament, India Bible, Publishers, New Delhi-2009.
2. ‘Life’ -Poem by Lord Bacon.
3. The Bhagvat Geeta – As it is Bhakti Vedant Book Trust- Juhu- Mumbai, 14th edition, 2006, Translator Rohinikumar Das.
4. The Power of Your Subconscious Mind – Dr. Joseph Murphy. Embassy Books, Mumbai -2014
5. Valmikiya Ramayan- Translator Dr. Ramchandra Verma Shastri, Publisher-Parampara Books Pvt.Ltd. Delhi-2007.
6. Modern Abnormal Psychology- Arun Kumar Singh. Motilal Banarasidas, New Delhi.
7. The Bible, The New Testament.
8. Ibid .