

Dealing With Stress During Covid19 Lockdown: Minimalism to Mindfulness

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My Journey : Stress Management > Quest for Happiness > Awareness

My engineering centric attempt to reverse engineer & model by way of...“stealing” from others... experimenting on myself.....mostly failing and succeeding in a few..

Managing Stress Through Better Management of Work & Life

Focus, 80-20 rule, Planning, Delegation, Productivity Tools, Checklists etc etc

This is not the focus of today's discussion

Power of Beliefs

I can work for X hours after that I get tired... VS Energy is in mind.. I can control it
He/She makes me stressed/happy.. VS Stress/happiness is independent of others
List Your Empowering & Non Empowering Beliefs ..

Power of Language

Quality of Language = Quality of Life

Rejection = Bit disappointed

Hurt = Expectation not met

Anger= Rule violated ... Deeper .. I am afraid

Etc etc..

Emotion = Call To Action

Stress = I need to plan or delegate or take some action

Pain = Opportunity to learn

Power of Anchors

+Ve and -Ve Anchors,

Creation & Retention of Anchors

Create a list of your +Ve and -Ve Anchors,

My RSA-USA Talk on Habits

Power of Minimalism

Better focus on things that matter

Declutter your mind & life

Clothes, Assets, Goals, Media consumption, People you meet, Things you do...

Minimalism is way of life

Power of Gratitude

Daily - 3 or 5 good things that happened

Train your mind (spam) filter to detect “good things” instead of bad

Power of Giving

Giving makes one happier (releases endorphin - “helper’s high”)

If you are Selfless : Give

If you are Selfish : Give

“Your Inner Room-mate ..”

Voice in your head

He/She is boring tells the same thing again and again

Spend a day watching your roommate

You Are Not Your Thoughts

When You watch you movie...

You are not stressed ..you are experiencing stress

Subject-Object relationship between the “thoughts” and the “thinker of thoughts”...

“Freedom from Inner Thorn”

Protecting from the thorn doesn't free you from the thorn

You are the one noticing the disturbances & it is okay to feel the disturbances

“Inviting Mara to tea”

Whatever is the emotion .. “Invite them to the party”

“Suffering” & Being centered ..

Power of Transience

“The secret is to renounce nothing, cling to nothing, enjoy everything and allow it to pass, to flow.. “

Power of Mindfulness (= Awareness)

Mindfulness is NOT equal to being in present

Mindfulness = Awareness (Mind, Body, Reality)... But not a fight to change

Meditate to practice mindfulness

Summing it Up

- Level 1:
 - Chaotic, Adhoc ..go with the flow..situation/people drives your state of mind
- Level 2:
 - Protect from stress
 - Better management of life and work
- Level 3:
 - Conscious Awareness
 - Understanding the mind and reality
 - Detect-Respond-Recover from emotions
- Level 4:
 - Unconscious Awareness / Enlightenment ?

Resources

Books

- Awareness - Anthony De Mello
- Untethered Soul - Michael Singer
- The Happiness Advantage - Shawn Achor
- The Art of Happiness - Dalai Lama

Resources

Apps

- Waking up
- Calm
- Headspace

Podcasts

- Making Sense - By Sam Harris
- The Tim Ferriss Show
- The Peter Attia Drive

Resources

Videos

- [Joseph Goldstein - "Mindfulness: What it is and is Not"](#)
- [Waking Up with Sam Harris - Mindfulness Meditation \(9 minutes\)](#)
- [20 minute Guided Mindfulness Exercise](#)
- [30 Minute Guided Mindful Walking Meditation by Adam Dacey](#)

Today you may not see the train before getting hit...

Someday you will see the train but still get hit...

Someday you will get off the track...

Thank You !

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