

Message from Editor-in-Chief

“It is not the strongest of the species that survives, nor the most intelligent but the one most responsive to change” -**CHARLES DARWIN, 1809**

Everyday routine is boring....we like things to change...go for a drive, see a movie, eat in a coffee shop or restaurant. However, changes in life events makes us either jittery, insecure or stressed. For the simple reason that we don't know how things will shape up, whether things will be fine, good or bad, uncertainties etc. clog out brain. And when things don't go as we expect them to, we freak out, feel stressed, become angry, even brain malfunctions a bit and we feel really out of the loop. We need to learn how to manage stress and how to keep adapting to various situations to make ourselves stronger. Fighting different situations and taking things as they come helps us to adjust and overcome the insecurities and makes us more adaptable. Two short stories below gives us an insight into how we can manage stress and keep moving in life.

The Weight of the Glass

Once upon a time a Psychology professor walked around on a stage while teaching stress management principles to an auditorium filled with students. As she raised a glass of water, everyone expected they'd be asked the typical “glass half empty or glass half full” question. Instead, with a smile on her face, the professor asked, “How heavy is this glass of water I'm holding?” Students shouted out answers ranging from eight ounces to a couple pounds. She replied, “From my perspective, the absolute weight of this glass doesn't matter. It all depends on how long I hold it. If I hold it for a minute or two, it's fairly light. If I hold it for an hour straight, its weight might make my arm ache a little. If I hold it for a day straight, my arm will likely cramp up and feel completely numb and paralyzed, forcing me to drop the glass to the floor. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it feels to me.”

As the class shook their heads in agreement, she continued, “Your stresses and worries in life are very much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you will feel completely numb and paralyzed – incapable of doing anything else until you drop them.”

The moral: It's important to remember to let go of your stresses and worries. No matter what happens during the day, as early in the evening as you can, put all your burdens down. Don't carry them through the night and into the next day with you. If you still feel the weight of yesterday's stress, it's a strong sign that it's time to put the glass down.

Shark Bait

During a research experiment, a marine biologist placed a shark into a large holding tank and then released several small bait fish into the tank.

As you would expect, the shark quickly swam around the tank, attacked and ate the smaller fish. The marine biologist then inserted a strong piece of clear fiberglass into the tank, creating two separate partitions. She then put the shark on one side of the fiberglass and a new set of bait fish on the other. Again, the shark quickly attacked. This time, however, the shark slammed into the fiberglass divider and bounced off. Undeterred, the shark kept repeating this behavior every few minutes to no avail. Meanwhile, the bait fish swam around unharmed in the second partition. Eventually, about an hour into the experiment, the shark gave up.

This experiment was repeated several dozen times over the next few weeks. Each time, the shark got less aggressive and made fewer attempts to attack the bait fish, until eventually the shark got tired of hitting the fiberglass divider and simply stopped attacking altogether. The marine biologist then removed the fiberglass divider, but the shark didn't attack. The shark was trained to believe a barrier existed between it and the bait fish, so the bait fish swam wherever they wished, free from harm.

The moral: Many of us, after experiencing setbacks and failures, emotionally give up and stop trying. Like the shark in the story, we believe that because we were unsuccessful in the past, we will always be unsuccessful. In other words, we continue to see a barrier in our heads, even when no 'real' barrier exists between where we are and where we want to go.

Friends, SRIJAN 2016 is back with a bang again to motivate you with vigor, imagination, creativity, original ideas and of course lots of smiles to your faces. Enjoy reading articles and keep acquiring new information and ideas from the environment with positive energy and enthusiasm. So get set and go...

Vishakha Raina,
Editor-in-Chief