

Report on Stress Free Living by Sister B K Priyanka

You can't always control what goes on outside, but you can always control what goes on inside.– Wayne Dyer

ITL Public School had a unique opportunity to interact with Sister **BK Priyanka** from the **Brahma Kumaris Organisation** on **29 April 2021**, in an insightful and enriching webinar on **Stress Free Living**.

With the vibrations around the world having turned depressing and negative with the mounting coronavirus pandemic this session was the need of the hour. The session focussed on the escalating stress level amongst students and others and how to manage it. The greatest weapon against stress is our ability to choose one thought over another and our resilience against the turbulent mind.

Many of us struggle with stress—at work and in our personal life. Like any problem, stress requires a strategic approach to conquer, or at least manage. At this time one needs to control the mind choose healthy and positive thoughts and send positive energy to the surroundings. She says our mind should not be dependent on what is happening outside but should deal with what is happening inside. Sister Priyanka reiterated that it is our moral responsibility to take care of our minds and also take care of the people around us and earn blessings . This makes life worth living and gives strength to fight every situation.

Sister Priyanka advised about setting priorities in life and keeping self above everything else, taking out one hour in the morning for ourselves and do spiritual study to fill ourselves with positive energy daily. She emphasized that a mind cannot work without getting charged up with good thoughts in the morning. She also encouraged to devote time to meditation in order to relax the mind and lead a healthy life.

The session culminated with a beautiful short prayer where all pledged to harbour only good positive thoughts and be the change they wanted to see in the world. ***“Remember, most of your stress comes from the way you respond, not the way your life is. Adjust your attitude and all that extra stress is gone.” Dalai Lama.***