

Surviving Stress

Rediscover the Awesome You!



Vidhu Bhatnagar

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Rediscover the Awesome You!

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The Journey called LIFE:



Smile.....It is the best jewel you own,
Laugh.....It is the best sound you can hear,
Breathe.....It is the best way to live,
Live.....It is the best way to love
Love.....It is the best way to progress on journey
called LIFE

Smile, Laugh, Breathe, Live, Love and Celebrate
LIFE.

Vizmom



Acknowledgements:



This book is a tribute to my parents; who taught me
love and acceptance,
To my darling better half: who also taught me love,
acceptance and interdependence,
To my loving kids; who taught me love, acceptance,
interdependence and patience!



Foreword



Dear everyone,

This book is inspired from my first book “How I survive, Vizmom!”. My first book was written during my senior residency days, when I was pursuing my superspecialization. Stress was an omnipotent companion and I had to devise my own ways for handling it. That book started as a blog and the continual support of my audience encouraged me to compile it in the form of a book. The entire endeavor was done as an act of sharing my ways of handling stress with the other working women and men as well. After I received excellent reviews from my friends and audience I embarked on the journey of writing another book regarding surviving stress and rediscovering the most awesome person in our lives...that is us!

Who am I? I’m a neuro-anesthesiologist and a full time mother, and am married to another busy Doctor. I have been able to balance between my responsibilities as a busy doctor and as a mother (and also have been a reasonably good wife, if not an excellent one). This book is attempted because right from my undergraduate days, I have learnt to share whatever knowledge I gain; hope all of you enjoy reading this.

Why did I feel the need to write about what I'm going to write?

I've been married for 14 years now and have literally grown with my husband. Our communication has been built on rock solid foundation, though initially we had many a hiccups. I have also learnt new lessons after my kids were born; in fact I have grown up into a better, improved version of myself. I would love to share my story and my solutions as my way of paying back to society.

Whatever we do, Stress is a part of our lives and we just can't wish it away.....we might as well learn to deal with it constructively. Stress in everyday life is a killer in itself and when we become parents, the stress multiplies. The first section in this book deals with my ways of surviving stress.

When my first kid was born, I was lost but slowly learnt on the job. When my younger one was born and I had to handle two kids at an age difference of 3 years along with my job, I was a lost sheep, again. The tricks I utilized for teaching my elder one were just not correct for the younger one....The whole parenting business was exasperating and the need to become a better person, a better parent was extremely strong. In fact, I did quite a bit of unlearning and learnt new lessons, identified my weaknesses and strengths and emerged as a "New ME". I realized how societal conditioning restricts our growth; how we need to identify our bonds so as to free ourselves and become our awesome self. Identifying the clutches

of conditioning and then disentangling from them made me write about the second part in this book.

This book is divided into two sections- the first section deals with the lessons I learnt regarding stress management and the second is devoted to learning about the societal conditioning and rediscovering our awesomeness.

So, ladies and gentlemen, fasten your seat belts and be ready for the journey “Surviving Stress: Rediscover the Awesome You!” Hope you enjoy reading it.

Regards,
Vizmom!



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**Surviving Stress and Rediscover The
Awesome You!**



**Part
1**

SURVIVING STRESS





1

Life is a Journey

***“Life is a journey, not a destination.”* Ralph Waldo Emerson**

I have a firm belief that we are blessed with life because we have lessons to learn, we have a goal to achieve and we have a journey to complete so as to reach a meaningful end. Some of us are fortunate enough to realize that there is a greater purpose towards our existence and start their voyage as soon as this realization hits us and I am one of those fortunate ones. I used to always wonder: who is the actual “Me”; after all I had innumerable roles to play, starting from that of a daughter, a sister, then a friend, a doctor, a wife, a teacher, a mother and so many other roles which came by the virtue of these primary roles. I realized the real meaning of this adage *“Life is a journey, not a destination”* by Ralph Waldo Emerson after my marriage. I and my darling husband, RV had gone to Shimla for our honeymoon. I had been an avid trekker; in fact I had even gone on a trek to Pindari glacier when I was an





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undergraduate. When I used to trek as the part of a group, I was always a focused participant; always concentrating on my destination. The focus was so strong that I would fail to enjoy the journey; what mattered most was reaching my destination. In Shimla, I and RV did a daily trek to Jakhu temple and here I realized that journey was so much more important than the destination. The mystery of who is the ‘actual me’ also unraveled and I realized that the ‘actual Me’ is the traveler on this road of life and I have many stops in between where I played the different roles; each day, each moment.

So, I insist.....please enjoy the journey and don't be in a hurry to reach the destination because reaching the destination means being static, akin to death. Take few moments everyday to sit still, listen to the chirping of the birds, or look at the varied hues on the horizon, reflect on those moments which bring a smile to your lips and simply, enjoy the journey called life.

Reflections:

In around 100 words, reflect and write about what you feel about the journey of your life.



2

Lessons of Life

*Sometimes in life, your situation will keep repeating itself until you learn your lesson.
Unknown*

It happens all the time; don't believe me...introspect your own life.

I realized that there are lessons to be learnt and more important was to realize what those lessons are! How do I go about accomplishing this?

Simple, I did introspection, charted the major events which had an effect on my emotional being and tried to figure out the relationship between those events.

To simplify, I would quote an experience.....When I was a newly graduated Doctor, I had the fortune to be in contact with certain kind of people who would irritate me immensely, would badmouth me as and when they got a chance to or even mocked at me in public. My life was like a Big Boss contestant who had been targeted as the villain. The situation worsened to



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such an effect that I even developed signs of depression and reserved myself to such an extent that I stopped communicating with anyone and everyone. Thankfully, Universe took charge of my life and I was able to relocate and recover. Few years later I again had the fortune to meet another set of people who would try and create problems for me by their insensitive words, though I was a little wiser and stayed well away from depression but, I was still not very capable of handling this situation and resorted to drama and temper tantrums while trying to deal with these people. This time too, Universe took charge and I was carefully removed to safe surroundings. Another few years down the lane, I met another person who had this tendency to create problems in lives of others and this time I was more “grown Up” and “mature” in my attitude and tried my level best to stay away from depression and drama. Though I had to endure tough times but I was more peaceful and the emotional junk was next to negligible this time.

To simplify it all the more, 15 years ago I was incapable of handling certain situations and certain people, but I didn't realize that this was a big lesson of life. I was reintroduced to this lesson 12 years ago but my response was not very satisfactory and I needed to improve so again Universe reintroduced this lesson 8 years ago in my life. This time though



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my efforts were not excellent but they were still better than what they were in earlier situations. This was my journey of growing up and a difficult lesson which I learnt over the years. There are many other such examples but I am sure you would be in a hurry to introspect your own life at this moment.

So ladies and gentlemen, I leave you to introspect and assess the lessons of life you have gathered till now. This is a wonderful inventory, an inventory which tells you about the richness of your life and emphasizes on your growth.

Reflections:

Write in 100 words the lessons you have learnt in your life till date.



3

The Power of Being Positive

“Love yourself. It is important to stay positive because beauty comes from the inside out.” Jenn Proske

I don't know where to start from but I guess, I should take one step at one time and so I will start from one of my first lessons which I learnt in my journey.

“Be Positive, think positive and speak positive”. It actually works!

To simplify this, here comes my story:

I was working as Anesthesiologist in a small hospital few years back. It was a single specialist centre and so I was on duty 24*7. I had joined that hospital along with my 10 month old son and my husband, RV was pursuing his Specialization in another hospital some 200 kms away, so he would try and come and visit us on weekends or at least twice in a month. I was managing my little one with



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help of a maid. I desperately wanted to join somewhere in the same city as RV and as luck would have it I got the offer to join a Big Hospital, multispeciality, tertiary care centre in that same city. By this time my son had grown up to be 1 and half years. All of you reading this would say what is the Catch....good for you that you got an offer and you went ahead and joined and lived happily ever after....well that's not the case.

The catch is I was apprehensive in joining that multispeciality hospital, because bigger hospital meant more responsibility, long working hours (specially because I was junior specialist) and I kept fretting and fuming about it. One part of me wanted to join that hospital fast but my anxieties and apprehensions would every time create a web of worries around me. No doubt, Universe was trying to help me because I desperately wanted to be with RV but my own web of negative thoughts was working against my wish. As a result I was not getting relieved from this small hospital. A suitable replacement was being searched so that I could be relieved from my charter of duties. My worries, anxieties, apprehensions had bound me in a vicious circle and I would oscillate between "When will I be relieved?" and "How will I manage in the new place?" I was also doing my homework regarding





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some new Anesthesiologist who could come and join in my place, even if temporarily till the time someone suitable was shortlisted. This went on till 2 and half months and I had exhausted all my options. I had no other choice than to wait and wait. One fine day I decided to surrender my anxieties and apprehensions and decided to live in the present moment. I actually flushed my apprehensions out of my system and that same very day a replacement Anesthesiologist was found, though only on temporary basis and the authorities decided to relieve me. This was no short of a miracle and I could join my new place of work within 3 days. Everything beautifully fell in place like a well solved puzzle.

The lesson was:

“Universe was helping me but I was sowing the seeds of delay because of my negative thinking which was arising due to apprehension and anxiety”.

From then on I have made conscious efforts to think as well as speak positively. The positive affirmations at least decrease the stress and apprehensions related to circumstances which we perceive as problems.





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So, ladies and gentlemen, if you are afraid of something or are anxious about something, instead of losing your sleep over it, keep repeating to yourself that you will be able to manage the situation and manage it well.

Harness the power of being positive in your day to day life.

Reflections:

Write ten positive things about your life.





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Surviving Stress

About the Author

Dr Vidhu Bhatnagar completed her graduation in 1999 from AFMC, Pune and has been practicing as a full time professional, since then. She proceeded to commence her post-graduation in Anesthesiology in Dec 2003. She was blessed with her first born in August 2006 and the second born in Jun 2009. She commenced her super specialization in NeuroAnesthesiology in Jan 2011 and successfully completed the same in Dec 2013. She is presently working in a tertiary care hospital as an Associate Professor and Neuroanesthesiologist.

The stress of pursuing higher education, handling relationships and managing kids was overpowering and it took some time for her to realize the ways and means to handle everything optimally. She became an ardent follower of alternate healing practices including Reiki and Pranic Healing during this journey. She also is a Tarot card reader and Oracle Card reader and paints 'Mandalas' for relaxation. She is a devout follower of inherent goodness in one and all and strictly believes in spreading happiness and the message of 'attitude of gratitude'.



You may reach author at:

✉ vidhubhatnagar@educreation.in

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