



Bombay Chartered Accountants' Society

Harnessing Talent and Providing Quality Service



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Stress Management In Pandemic Times

The world changed in 2020. COVID 19 brought the entire world to its knees.

Martin Luther King's words are even more relevant today.

“Modern man has brought this whole world to an awe-inspiring threshold of the future. He has reached new and astonishing peaks of scientific success.”

"Yet, in spite of these spectacular strides in science and technology, and still unlimited ones to come, something basic is missing. There is a sort of poverty of the spirit which stands in glaring contrast to our scientific and technological abundance. The richer we have become materially, the poorer we have become morally and spiritually. We have learned to fly the air like birds and swim the sea like fish, but we have not learned the simple art of living together as brothers.

"Every man lives in two realms, the internal and the external. The internal is that realm of spiritual ends expressed in art, literature, morals, and religion. The external is that complex of devices, techniques, mechanisms, and instrumentalities by means of which we live.

Our problem today is that we have allowed the internal to become lost in the external.

If we are to survive today, our moral and spiritual 'lag' must be eliminated.

So, in the face of adversity, we have a choice. We can be bitter, or we can be better.

We can become stressed or we can heal.

What is Stress:

Stress is our internal response to a situation we find hard to manage.

Always remember that it is not the load that breaks you down, it's the way you carry it.

Thoughts create our destiny. After every hour or two, pause for a few seconds to check if your mind is fine. If it is disturbed remind yourself that you are a powerful being. Remain stable, calm and happy in every situation.

Your mind takes care of your body, your relationships, your work.

The Effects Of Stress:

Stress Can Reduce Productivity

Stress contributes to decreased productivity, absenteeism, and employee turnover.

Stress Affects Health

Stress can strain your body and mind and make you physically ill.

Stress Drains Energy

Worry and anxiety can drain you of energy, causing your personal and professional life to suffer.

Stress Can Strain Relationships

Stress can negatively impact relationships – both at the work place and at home.

“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.” Socrates

Remember that:

- You are not alone in what you're going through.
- Some of the situations are beyond your control.
- Here is an opportunity for all of us to mend our lifestyle

Give a NEW START to your life from today

N - Nutrition

Eat healthy food: The effects of stress can be reduced to a certain extent by just adding the right foods in your diet. Have well-balanced, nutritious meal.

E - Exercise

Spend a portion of your day towards your physical fitness, do exercise, yoga, pranayama. This will give you physical and mental stability.

Sit down in a comfortable place 3 times a day. Breath in and out slowly. Let go of doubt and worries.

W - Water

Start your day with a glass of water. Have enough water during the day. Do not have cold water.

S – Stress Mastery.

I have even trained the US Coast Guard on stress management in san Francisco. I used to fly by helicopter to British Gas Platforms in the Indian ocean to conduct stress management programs.

My Achieving Excellence Thru Stress Management program is popular worldwide. If you would like more information regarding this program you can WhatsApp or email me at the coordinates mentioned at the end of this article.

T - Tolerance

Understanding and empathy are the need of the hour. Do not complain that you are locked at home. Say that we are blessed that we have a home.

Sometimes, we are tested not to show our weakness but to discover our strength.

And this is the best time we can ever get into our lifetime to discover ourselves, This is the time when we can flush out the toxins within us. This time when we cant go out as much as we would like to is the time to go within.

A - Attitude

Make sure of your inner development.

Time teaches us that even the darkest and most depressing times also contain the seeds of new learning and possibilities.

Radiate Positivity. The need of hour is to think positive because we cannot afford to think negative. When we think positive no matter we can create powerful vibrations in our home, colony and radiate positivity to the universe.

R - Rest and Recreation

We generally don't give priority to self-care, It is only when things become serious we look into it. This is the time to rest well. Many people in the world are sleep deprived. Some suffer from lack of quantity of sleep and some from the poor quality of sleep. Proper sleep rejuvenates.

T - Trust

In life, there are good times, there are difficult times. This time will also pass.

Tough situations and challenges will make us tough. Always remember, tough times never lost but the tough people do.

Have trust in some power that is superior than all of us.

About : Mr. Nikhil Desai

Nikhil Desai is Director of The Centre For Excellence and an International Motivator, Trainer & Coach for more than 28 years. He is passionate about enabling people to excel in their personal and professional lives. More than a quarter million people have benefited from his presentations in 58 cities of the world. In 1991 when India liberalized the economy Nikhil established The Centre For Excellence which was honored as the HR & Training Company of the Year by the CEO Magazine. He has also appeared on Television & Radio in India, New York, California, Philippines, South Africa & Oman.

He is participants include executives of more than 1200 organisations including Aditya Birla Group, Aon Global, Asian Paints, BASF, Bank Sohar, Barclays Bank, Caterpillar, Cadbury, Cap Gemini, Cipla, DHL, Deloitte, Deutsche Bank, Dow, General Electric, ohnson & Johnson, Kone Elevators, Kotak, Larsen & Toubro, Mahindra, Novartis, Omantel, Pepsico, Pfizer, Pricewaterhouse Coopers, Sandoz, Siemens, Standard Chartered Bank, Tata Group, Unilever, Vedanta, Whirlpool, Wipro, and various other organizations.

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