

THE UP PAEDO-FILES | OUR WIZARDS IN OZ

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NO COUNTRY FOR WOMEN FARMERS

30% of India's agricultural workforce is women

73.2% rural women are engaged in agriculture

12.8% of women have landholdings

30% higher farm yields likely if women farmers had access to land

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Wake Up! The Surprising Truth about What Drives Stress and How Leaders Build Resilience

You are browsing through the TV channels but haven't registered what is playing? You have read an entire document but can't recall what it was about? If your answer is yes to any of this, the answer is that you were spaced out.

We've all had such experiences at one time or the other. What we don't register is the how most of our day, or say our lives, is spent in this spaced out -unaware state.

In this state, Individuals are neither absolutely awake nor fully asleep. If it's a regular phenomenon, why does this matter? It is important because this state where all of your stress, is generated as a result of this rumination.

Based on our experience, there are 4 steps that help managing stress.

1. Be aware & stay sharp

The underlying 'mantra' is "*Be aware, Be present where you are and Be Conscious*" of what you are doing at the moment. To do this, you must increase your awareness and rely on your senses. All professionals involved in high stakes roles talk about a particular state of mind or Zone they enter when they are performing at their top form.

2. Control your mind and don't let attention waiver

The key to directing your attention is to consciously divert and focus your attention wherever you need it to be and maintaining it there. For this it is essential to bring your mind back to the present moment and to what you wish to focus on.

3. Detach

Detachment is the ability to set appropriate distance from circumstances and situations and experience proves that ones who detach succeed in achieving perspective and 'limited management'. Such leaders take losses well in their stride and have the attitude of "Why worry about things that can't be controlled".

4. Learn to let go

More often than not, we become fixated on things that bog us down and don't really help us hence. The leaders of the world actively practise letting go.

Lets part by saying that once THE CHOICE of focussing on important and limited management becomes an attitude and way of life it makes all the difference not only to self but even to the organisation and people around us.