

Lowering levels of cortisol hormone for obesity management

Mental and Physical health are inseparable. Most chronic lifelong diseases such as obesity, diabetes, and heart disease, have an underlying psychosomatic component. So optimal mental health is critical in the holistic health equation.

Mike George, the spiritual and inspirational teacher, calls optimal mental health as a state of “Wellbeing.” Mental wellbeing or positive mental energy equates to happiness. The medical tests cannot diagnose the wellbeing of the mind. However, every individual is empowered to assess the wellbeing of his or her mind. That requires judging the quality of one’s thoughts, attitudes, and behaviors.

The mind is in the state of wellbeing when:

- * Thoughts are positive, upbeat, happy, loving and peaceful.
- * There is a capacity to lovingly and peacefully connect with others with enthusiasm.
- * There is a feeling of self-empowerment, with the ability to make decisions with confidence and courage. The mind is in the state of ill-being when

- * There is a feeling of being isolated, lonely, excluded and sad.
- * There is a feeling of powerlessness or sense of being a victim
- * There is a feeling of fear, anger, anxiety, and restlessness.
- * Relationships are difficult.
- * There is difficulty getting rejuvenating sleep.

The state of ill-being falls in one category is called “stress disorder.” While a little unease and anxiety are healthy in life, a consistent state of ill-being or stress increases cortisol hormone levels.

How to manage stress

At the root of all forms of stress lies the fear of loss related to:

- * Money and material assets.
- * Power, title and Position
- * Relationships

Stress occurs when the fear of loss becomes a constant threat, an obsession, which prevents normal functioning in life. The stress hormones in the body are:

- i. Adrenaline –An excitatory hormone, which causes feelings of anxiety, restlessness, and unease. It also causes psychosomatic symptoms such as an increase in heart rate, blood pressure, lack of sleep and an inability to concentrate.
- ii. Cortisol – Long-term stress causes an increase in cortisol levels which lead to – high blood pressure, high blood sugar, fat deposition around shoulders and abdomen, wasting of muscles and thinning of bones, obesity, and diabetes.

To Manage Stress, Cultivate Character skills to enhance happiness Index The golden rules of happiness are:

- a. Gratitude — Expression of appreciation is a spiritual quality which creates tremendous positive energy, influence, and joy. Expressing gratitude requires surrendering of the ego.
- b. Acts of giving and kindness – Happiness index increases by providing and sharing.
- c. Accept and appreciate – Acceptance empowers by humbling the opponent. Resistance, on the other hand, prolongs struggle, ill will, and stress. Acceptance generates influence, brings calmness of mind, peace, and happiness.
- d. Keep the mind in solitude – Calmness of mind is empowering. A quiet mind is a happy mind, free of noise and clutter. It is receptive to new knowledge and creativity. The way to create a calm mind is to follow simple exercises:
 - i. Speak slowly and softly.
 - ii. Speak only when necessary.
 - iii. Speak with kindness and humility
 - iv. Meditation practice – “Silence is the language of the soul.”
 - v. Letting go – All the stress and suffering in the material world is the result of attachment. Unfortunately, the attachment is the most common habit, which takes its root right in the childhood (a favorite toy, a blanket). Letting go is cultivating an attitude of being a trustee and not being the owner of the title, position, and material possessions. This way, when the time comes, one can surrender with grace and move on to the next phase of life.
 - vi. Follow the path of least resistance – Most of our life gets invested in resisting and defending our positions, controlling and judging others. That is the primary reason for stress and unhappiness in personal relationships. Resisting and being judgmental is merely a reflection of the ego. These behaviors take for granted that you consider yourself better, than the subject you are trying to control or judge.