



# SERVE THE PLANET

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## MANAGING YOUR PHYSICAL AND MENTAL ENERGY DURING A CRISIS

(August 2020)



SATHYA SAI  
INTERNATIONAL YOUNG ADULTS COMMITTEE

# Study Circle Outline:

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- ▶ How is physical energy generated in the body? And what is the role of food in generating physical energy?
- ▶ How can choosing the right food provide sustained energy levels throughout the day?
- ▶ How is your food and physical activity altered during a crisis? What is the reason for this change in behaviour?
- ▶ Definition of mental energy? And what is its source?
- ▶ What are the ways in which we change (increase or decrease) our physical and mental energy during a crisis?
- ▶ We are all aware of the Fear of the Pandemic. What are your thoughts on the Pandemic of Fear?



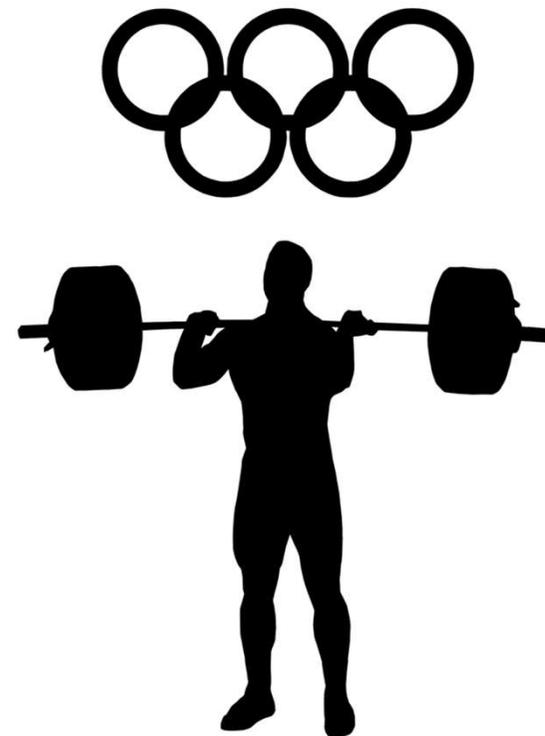
# **Purpose of this study circle**

**Better understand the importance of managing our physical and mental energy on a daily basis and during a time of crisis.**



# What is Physical Energy?

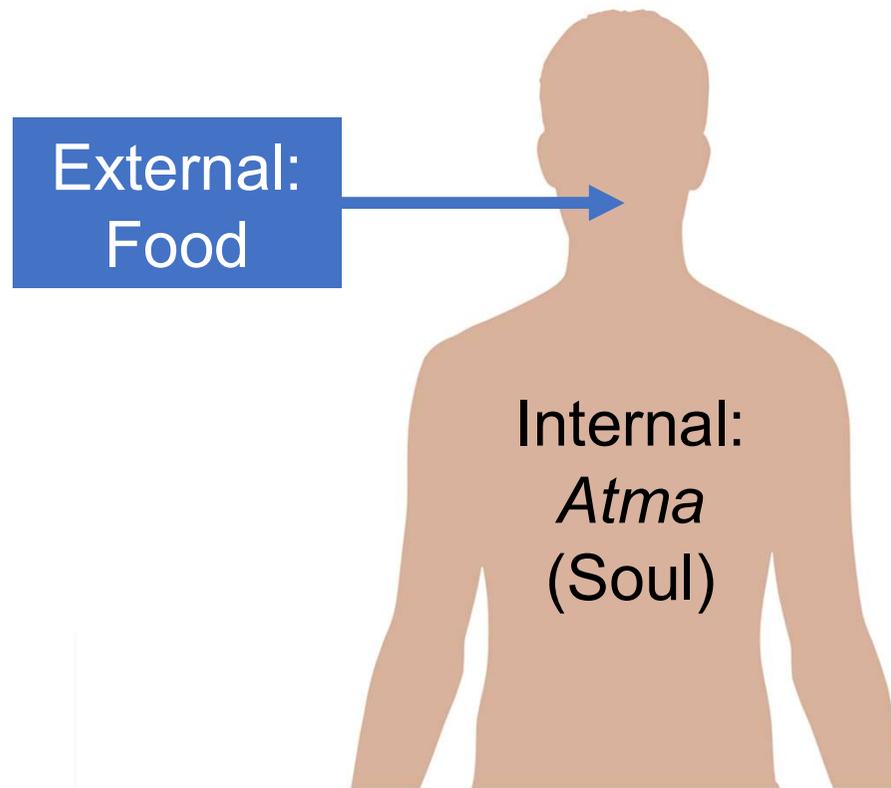
- ▶ Physical energy is 'the strength and vitality required for sustained physical activity'<sup>1</sup>.



# What generates energy in the body?

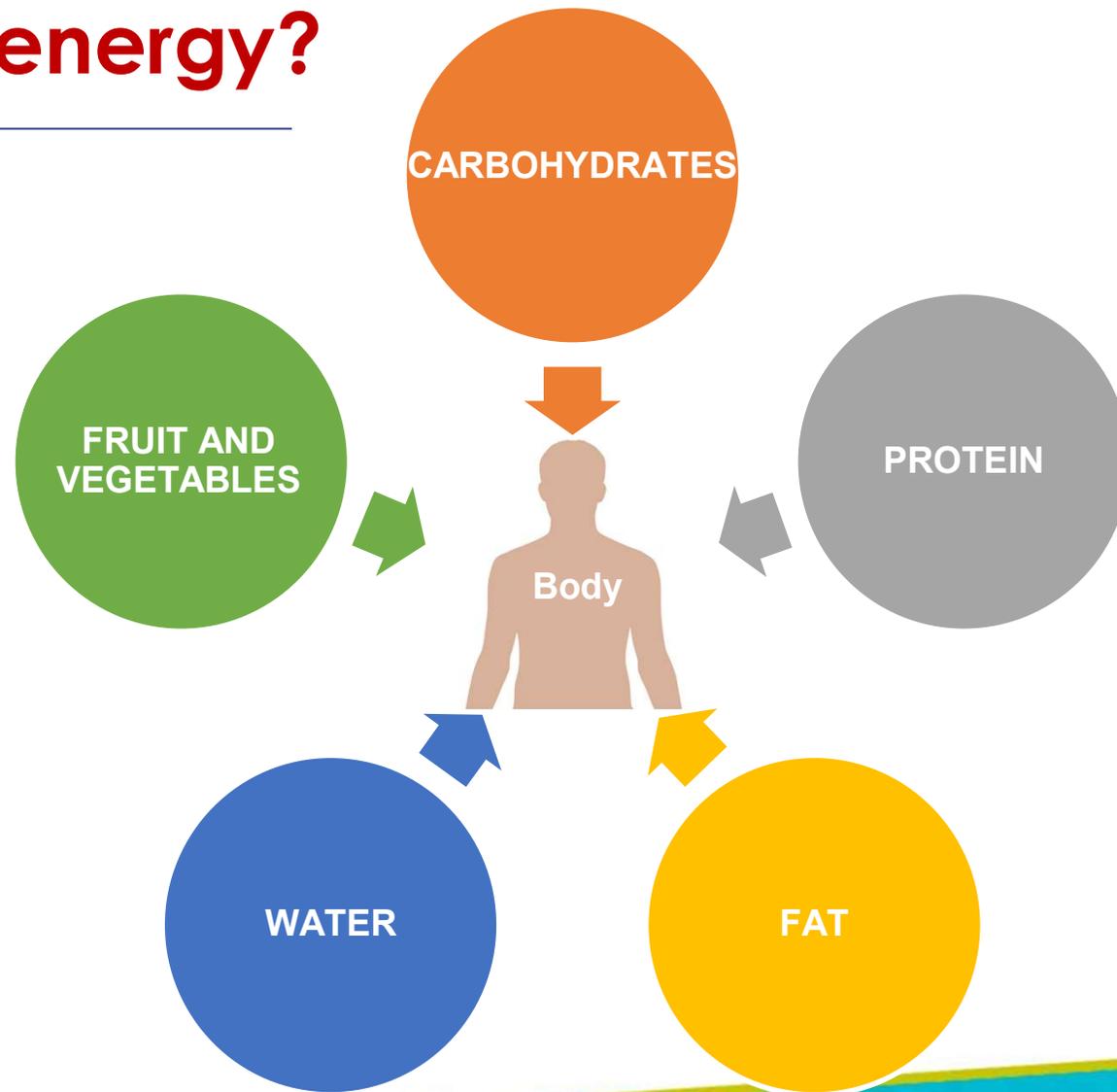
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- ▶ Two sources of power for the human body:

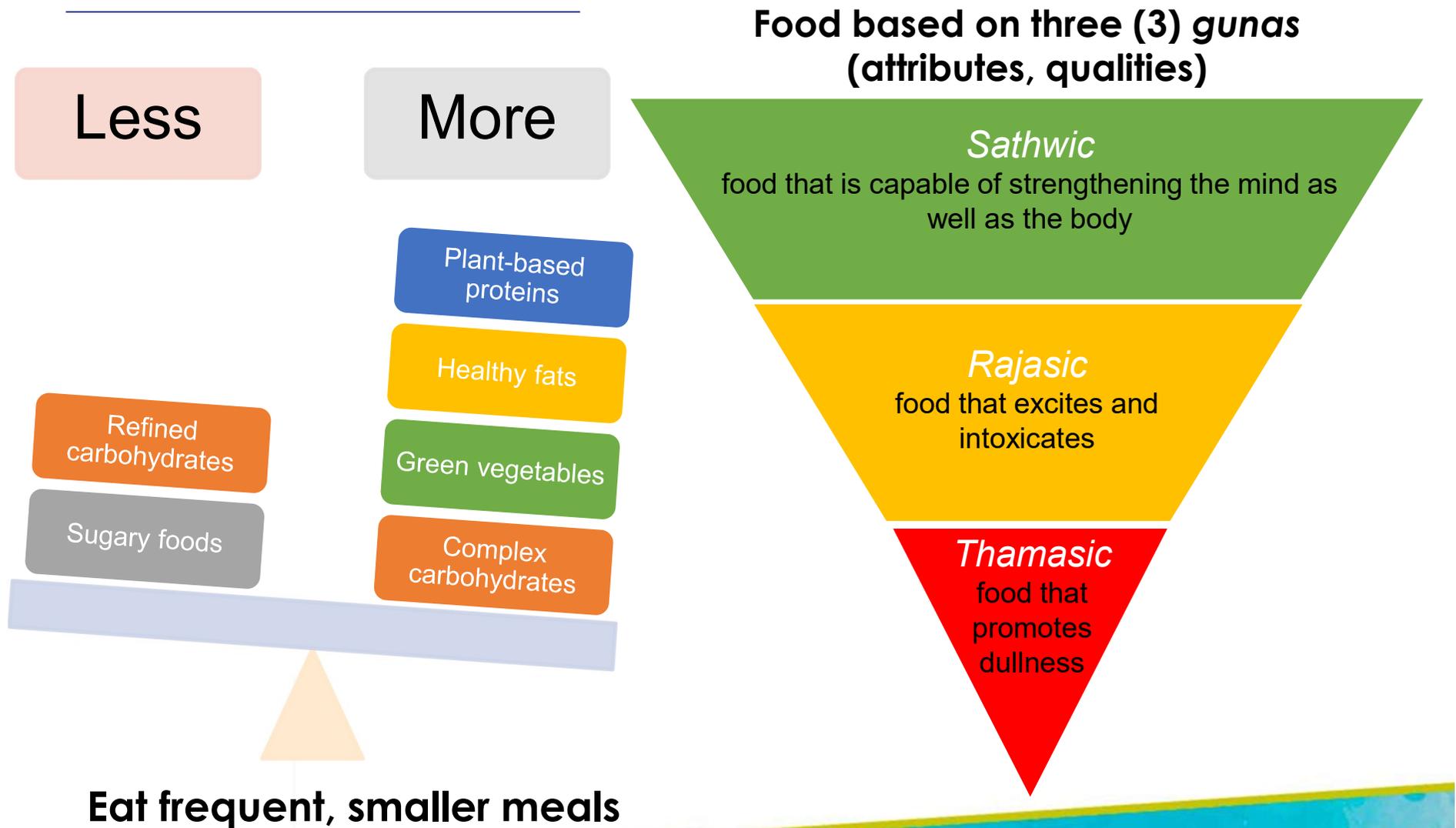


# What is the role of food in generating physical energy?

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# The key to good health



# Factors impacting physical energy

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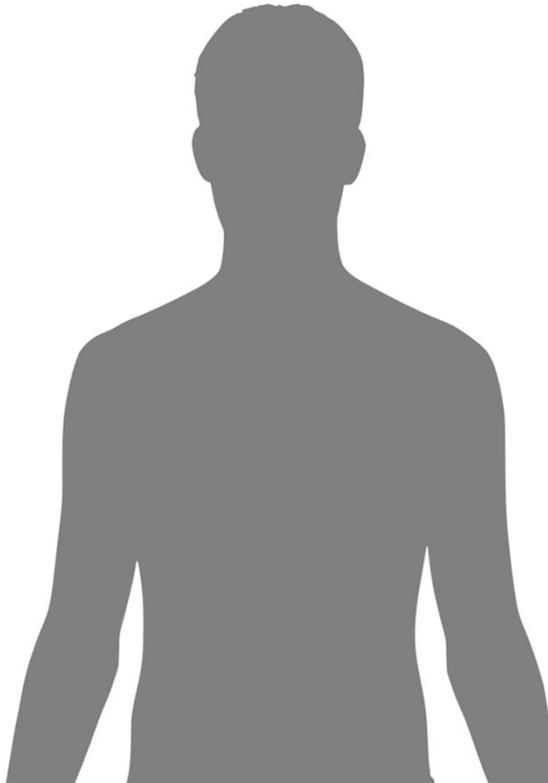
Source: Cartim

**Sleep**



Source: Naturopataonline

**Disease**



Source: El mundo es un balon Blog

**Exercise**



Source: HQH Consultora

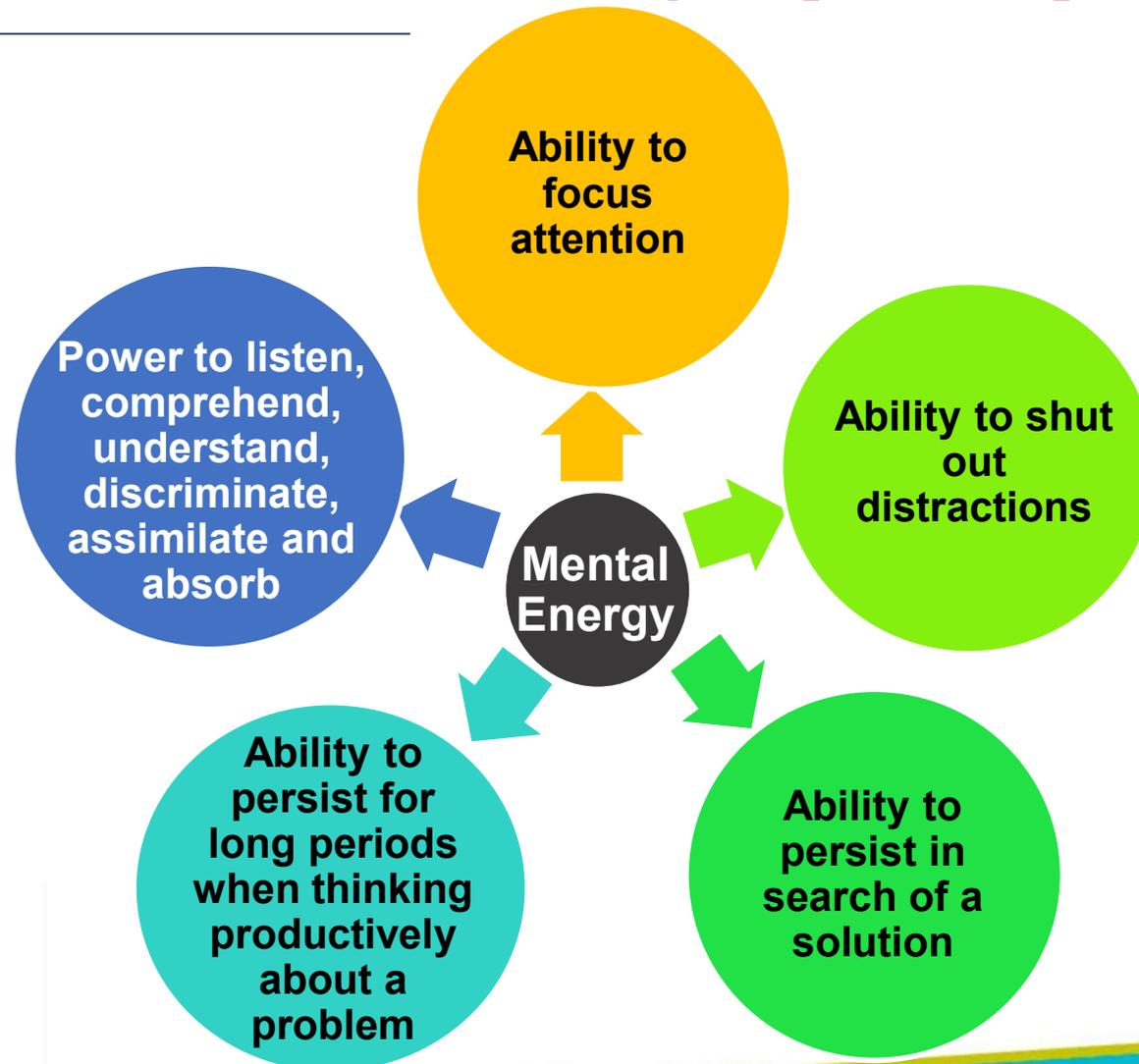
**Environment**



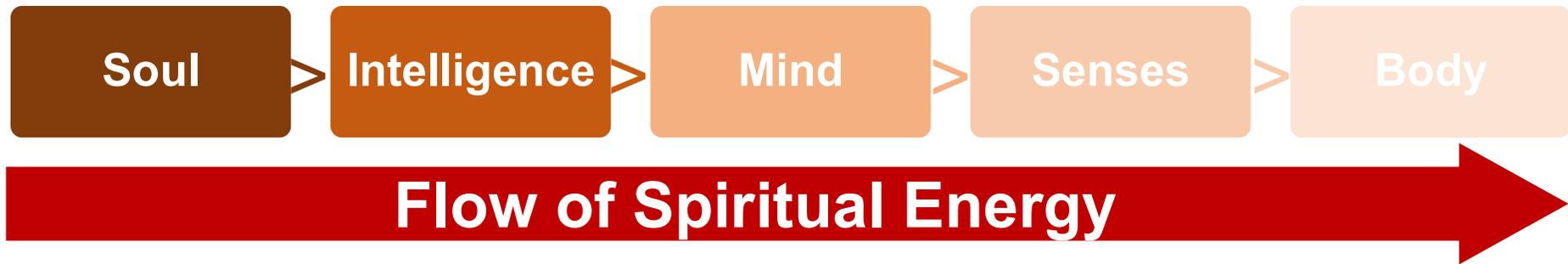
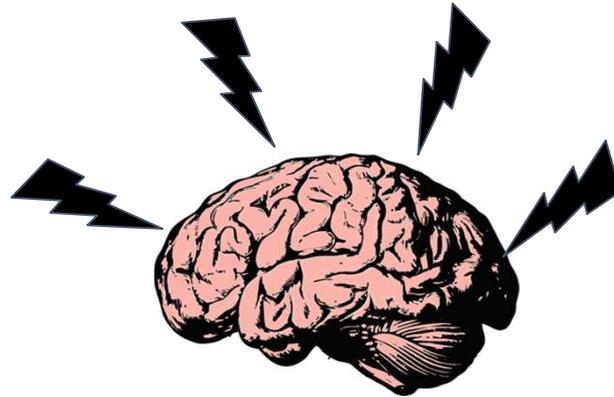
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# What is mental energy (mind)?

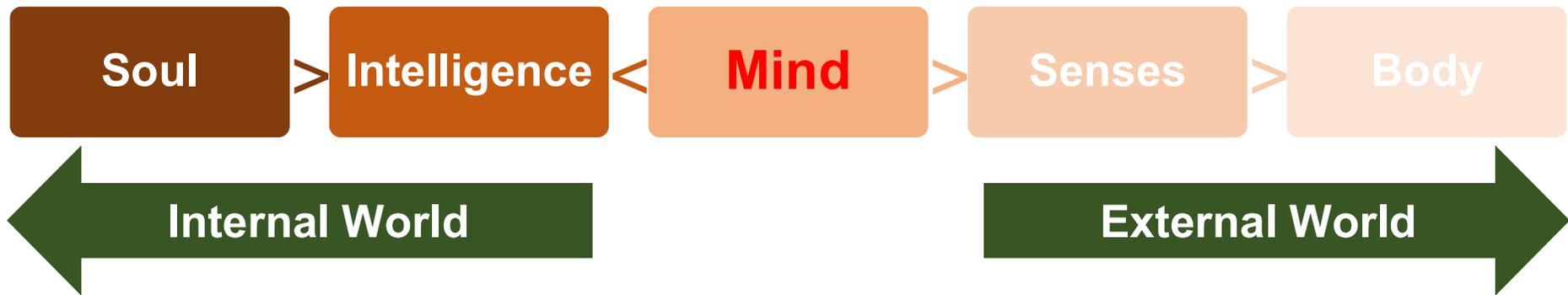
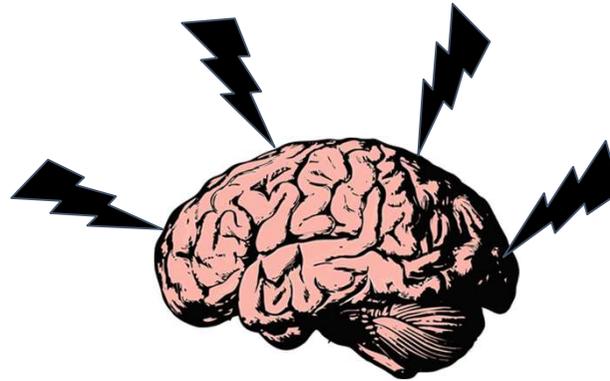
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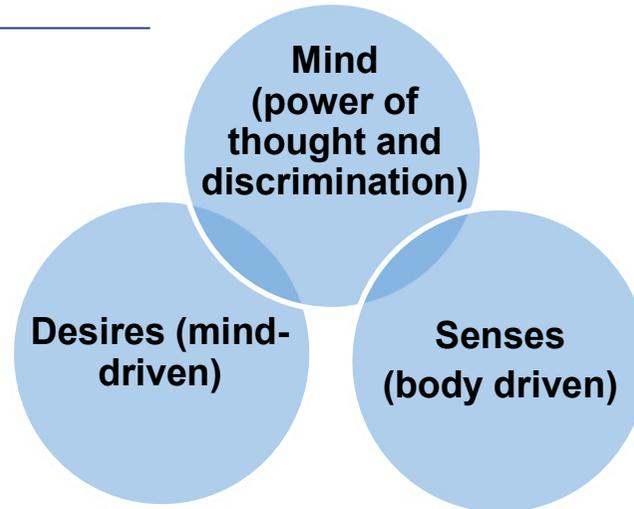
# What generates mental energy?



# What generates mental energy?



# What generates mental energy?



## The power of thought and discrimination

- Right vs. wrong
- Internal vs. external
- The soul vs. the body and senses
- Long-term gain vs. immediate pleasure
- Self-realisation vs. worldly gains

## The power of desires

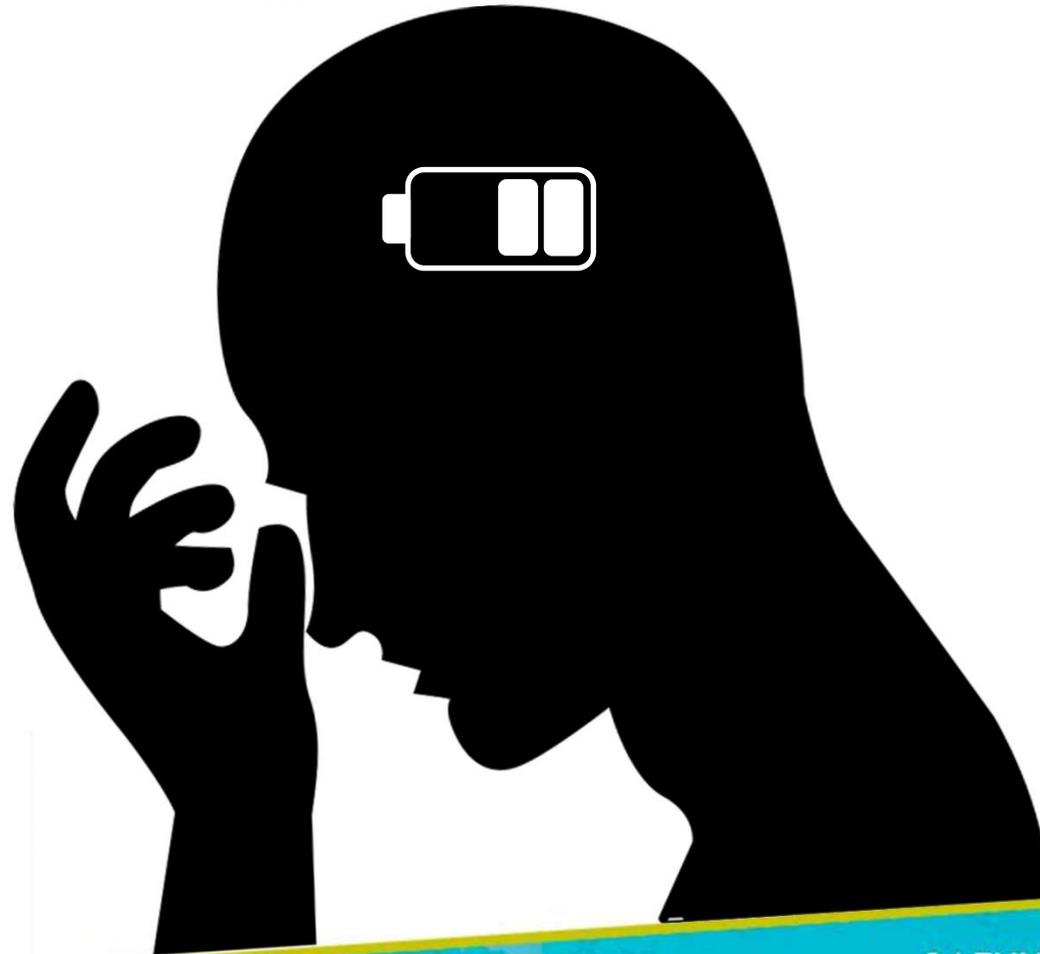
- Life '+' Desire is Man
- Life '-' Desire is God
- Turn all desires toward God.

## The power of the senses

- One of the most powerful forces
- Makes the material world appear real

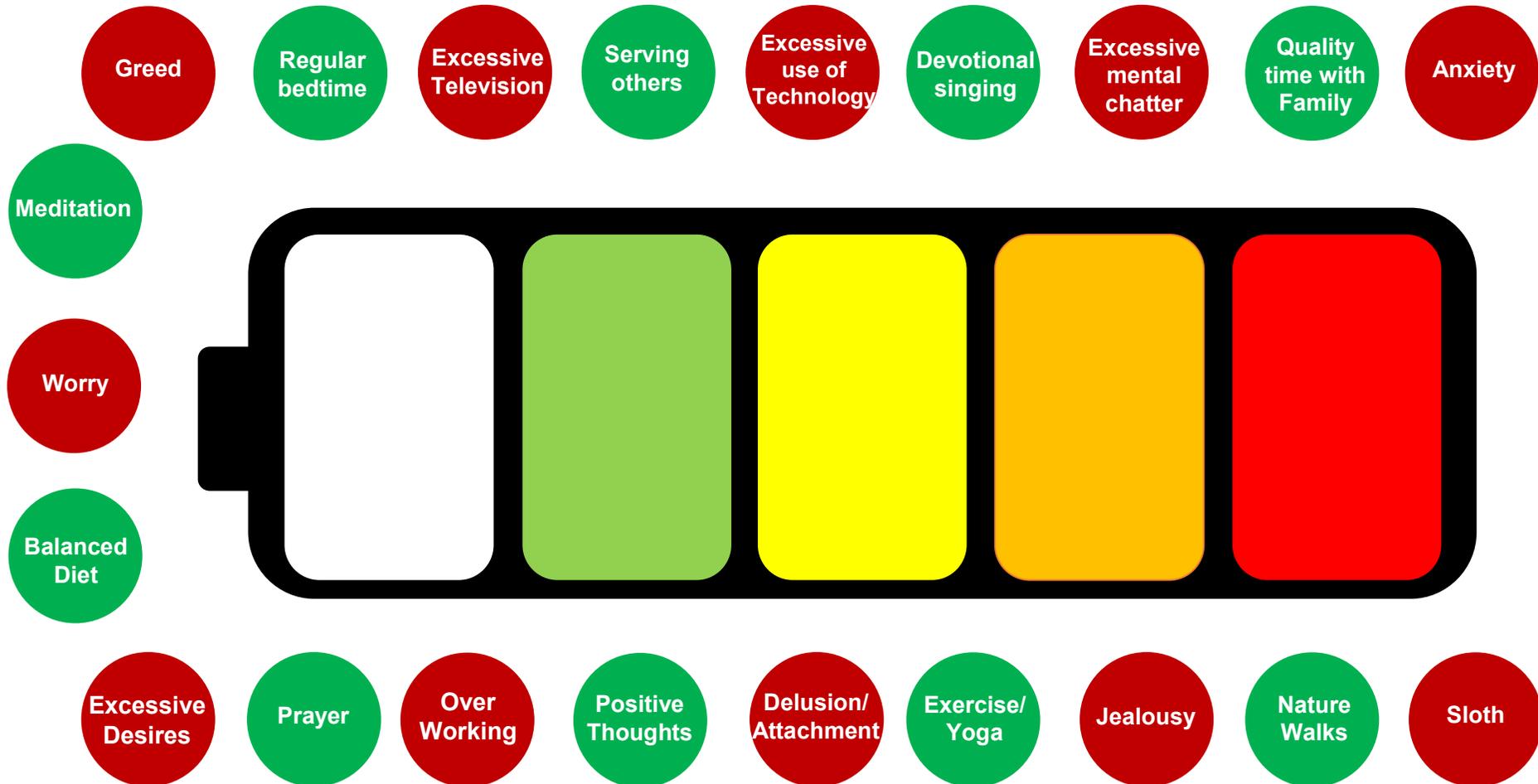


**What are the ways in which we change (increase or decrease) our physical and mental energy during a crisis?**



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# Factors that impact your mental energy



# How can we fight the Pandemic of Fear?

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# How can we fight the Pandemic of Fear?

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- Limit your media exposure.
- Use trusted sources for information e.g. US Centre for Disease Control, World Health Organisation etc.
- Use any time of social distancing to focus on personal improvements
- Do not share misinformation.
- Focus on positive aspects of your life.
- Be supportive - follow guidelines set out by your national and local government.
- Follow the Principles of Ceiling on Desires.
- Shift your current routines and activities to focus on what gives meaning, purpose, or fulfilment. This can also require a shift in personal expectations and properties.



# How can we fight the Pandemic of Fear?

## Eco- Spiritual Solutions



**Satsang**

**Positive Thinking**

**Serving Others**

**Group Devotional  
Singing**

**Chanting the Lord's  
Name**

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# Get in touch

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If you have any questions, feedback or ideas on Serve the Planet Programme, please get in touch with the Team at [servetheplanet@sathyasai.org](mailto:servetheplanet@sathyasai.org).



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