



SERVE THE PLANET

MANAGING YOUR PHYSICAL AND MENTAL ENERGY DURING A CRISIS

(August 2020)



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INTERNATIONAL YOUNG ADULTS COMMITTEE

Study Circle Outline:

- ▶ 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.



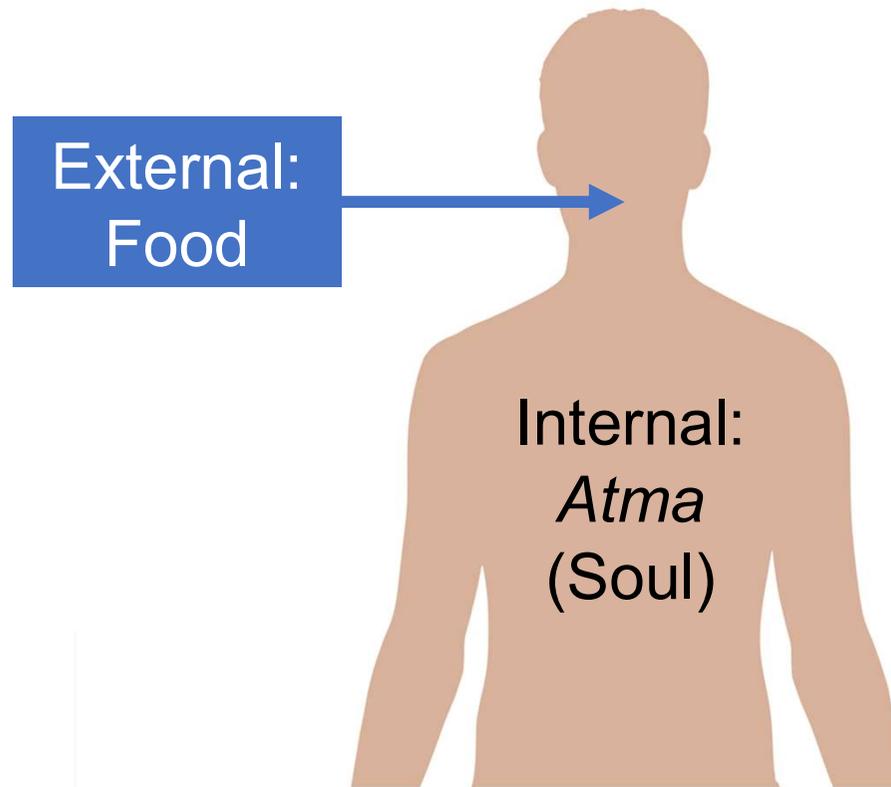
What is Physical Energy?

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

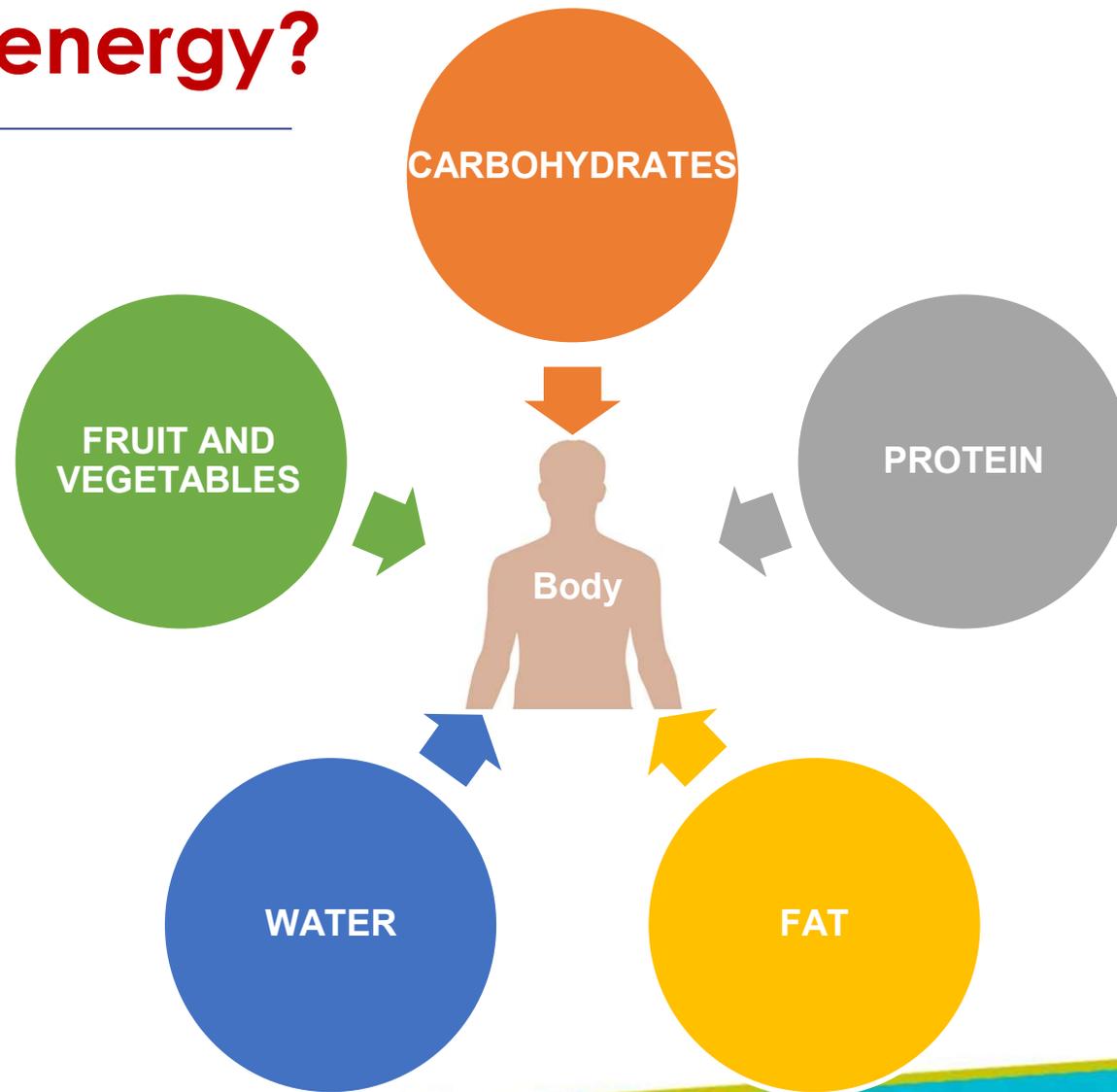


What generates energy in the body?

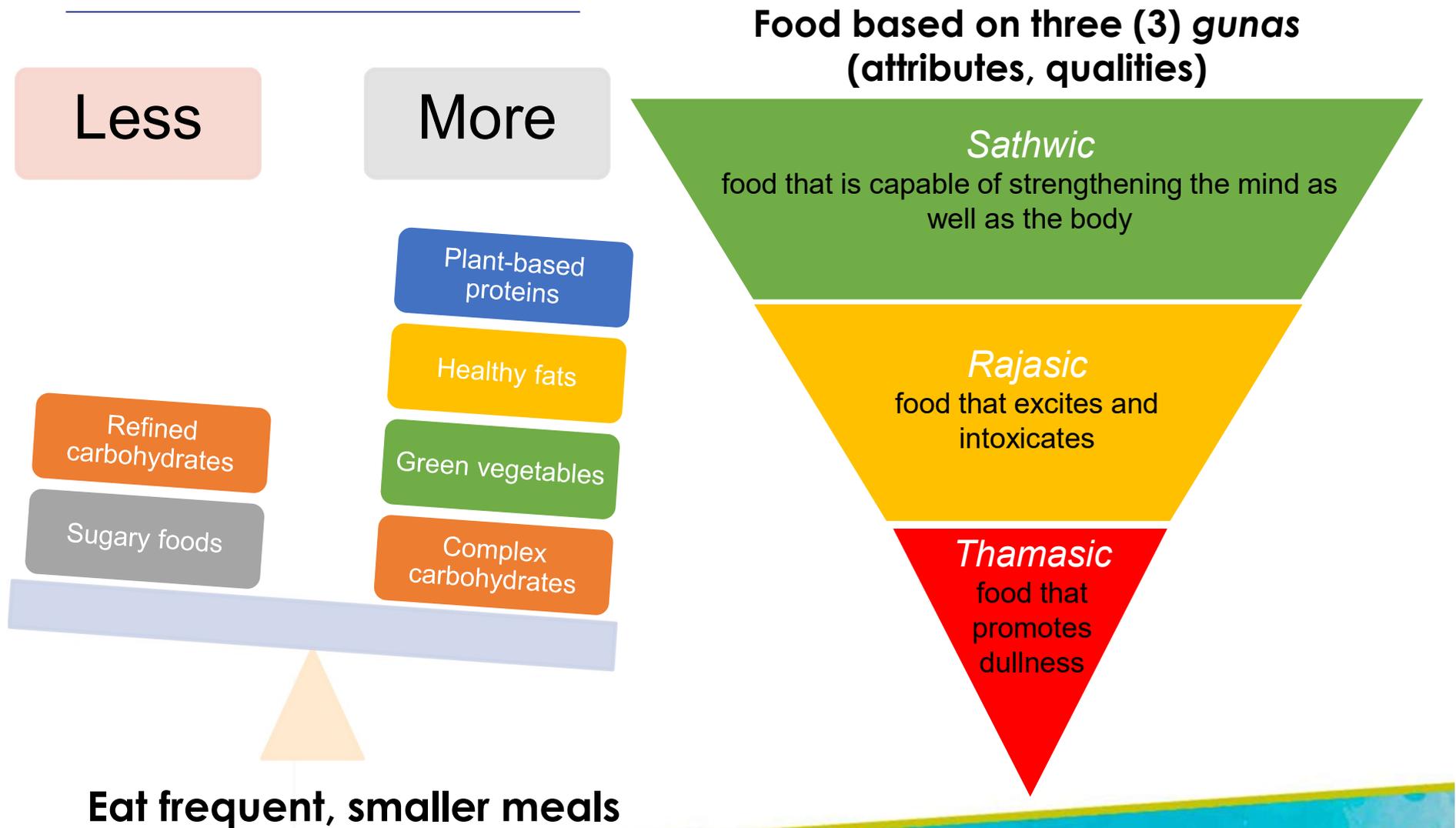
- ▶ Two sources of power for the human body:



What is the role of food in generating physical energy?



The key to good health



Factors impacting physical energy



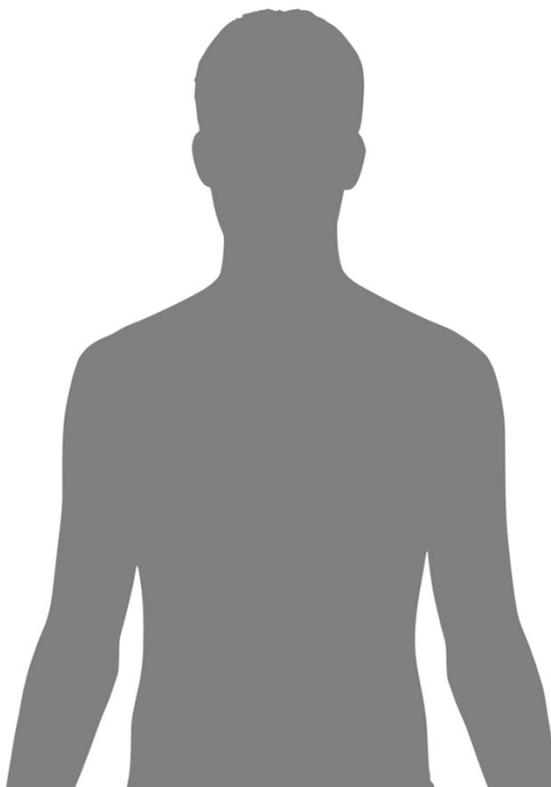
Source: Cartim

Sleep



Source: Naturopataonline

Disease



Source: El mundo es un balon Blog

Exercise



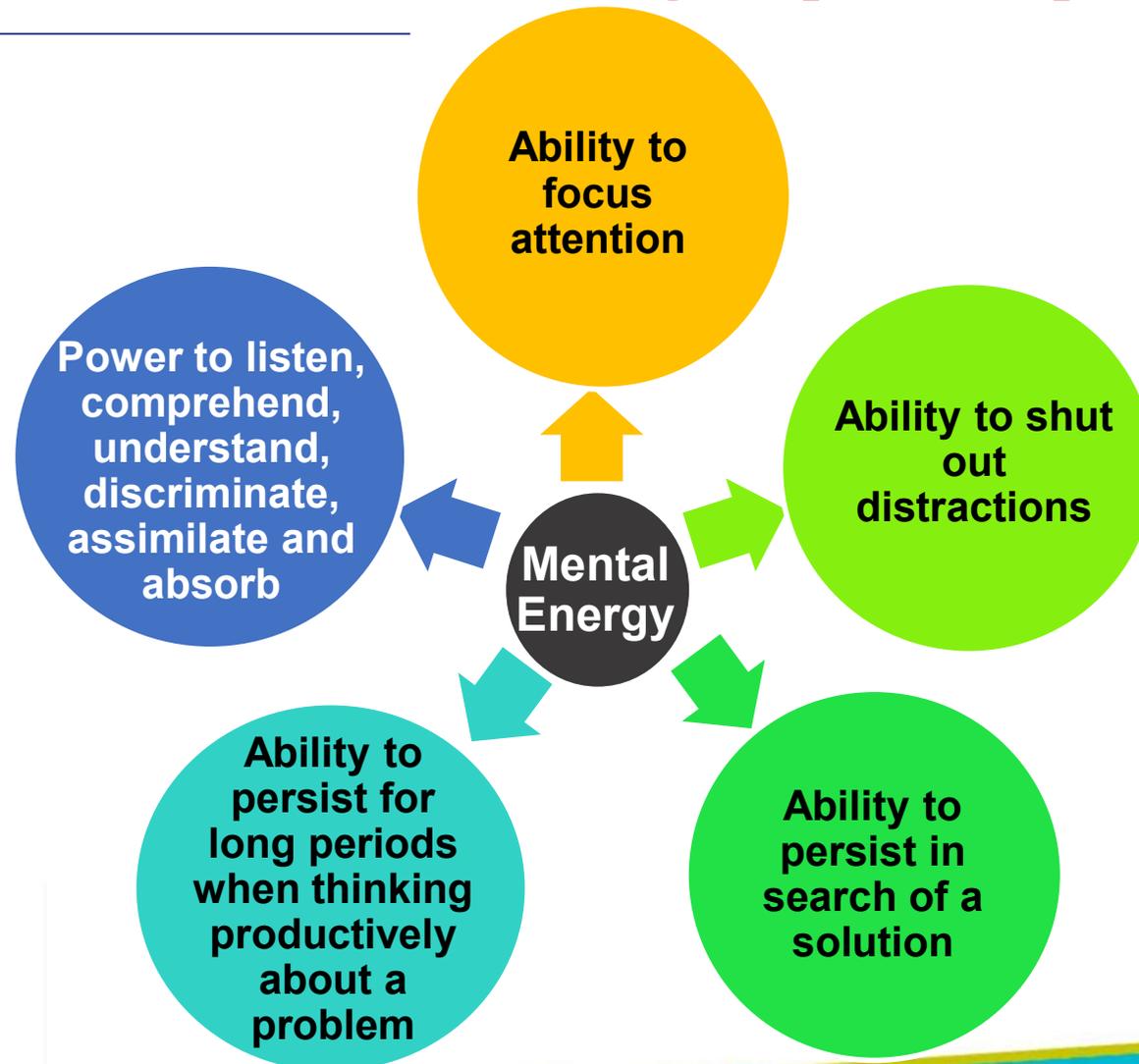
Source: HQH Consultora

Environment

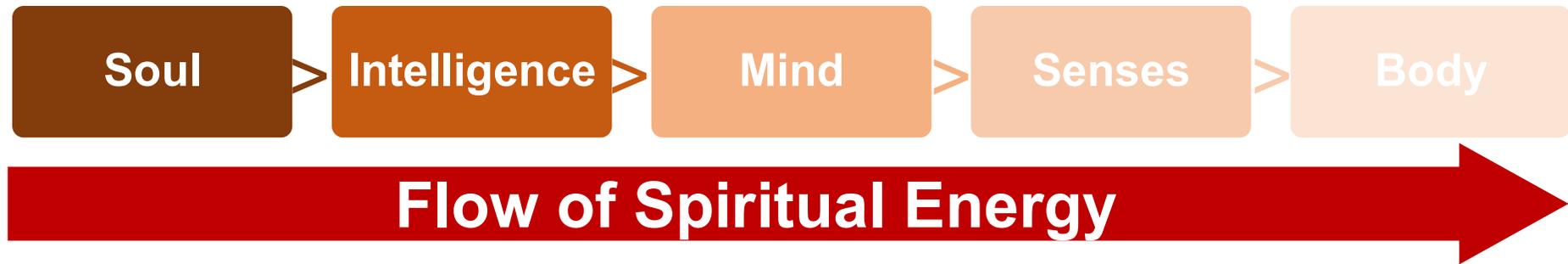
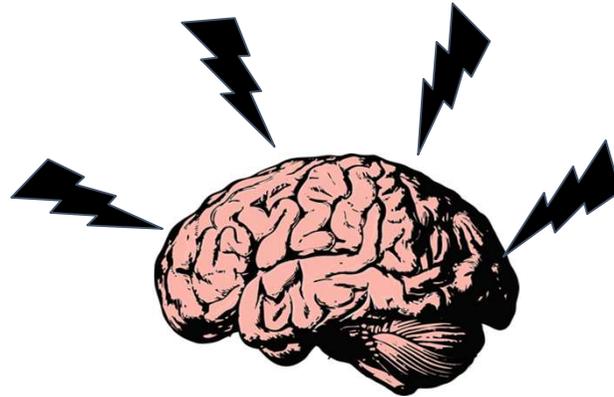


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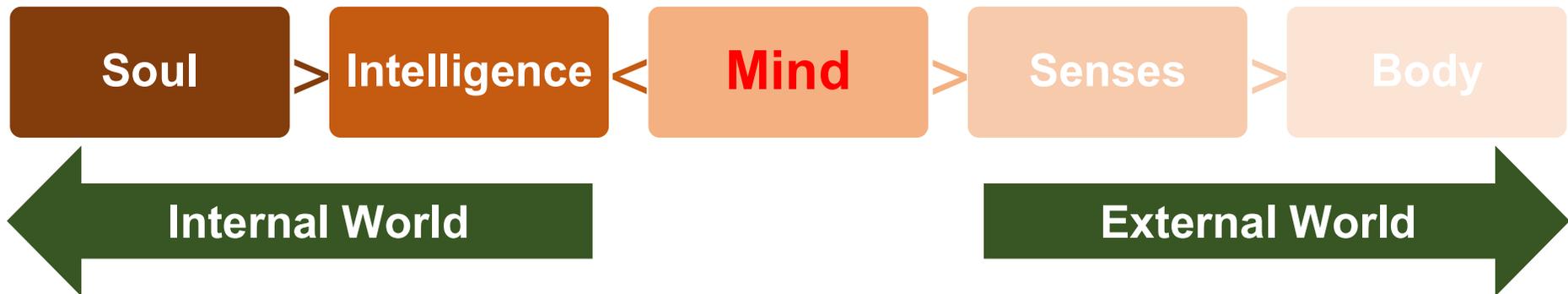
What is mental energy (mind)?



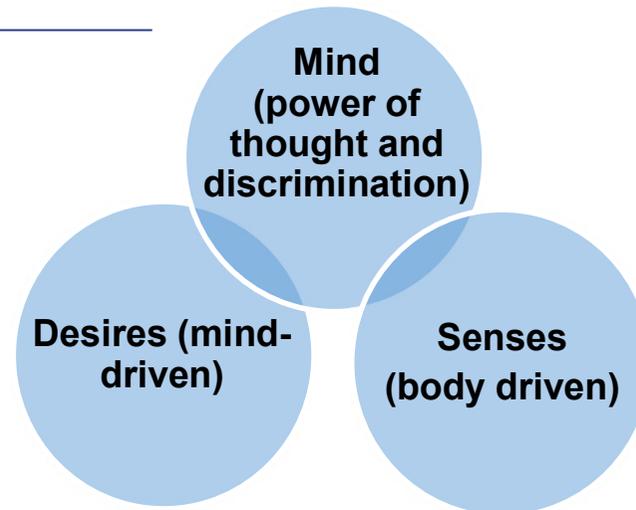
What generates mental energy?



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

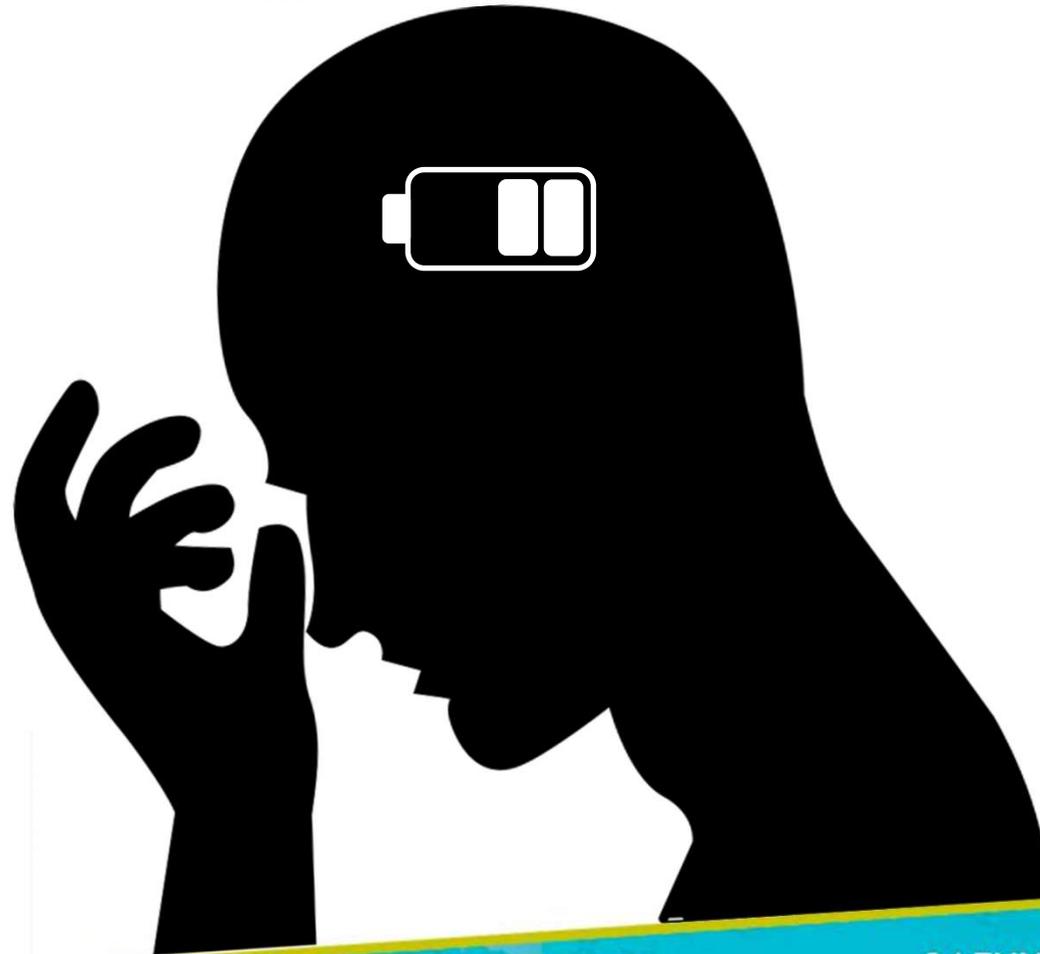
- Life '+' Desire is Man
- Life '-' Desire is God
- Turn all desires toward God.

The power of the senses

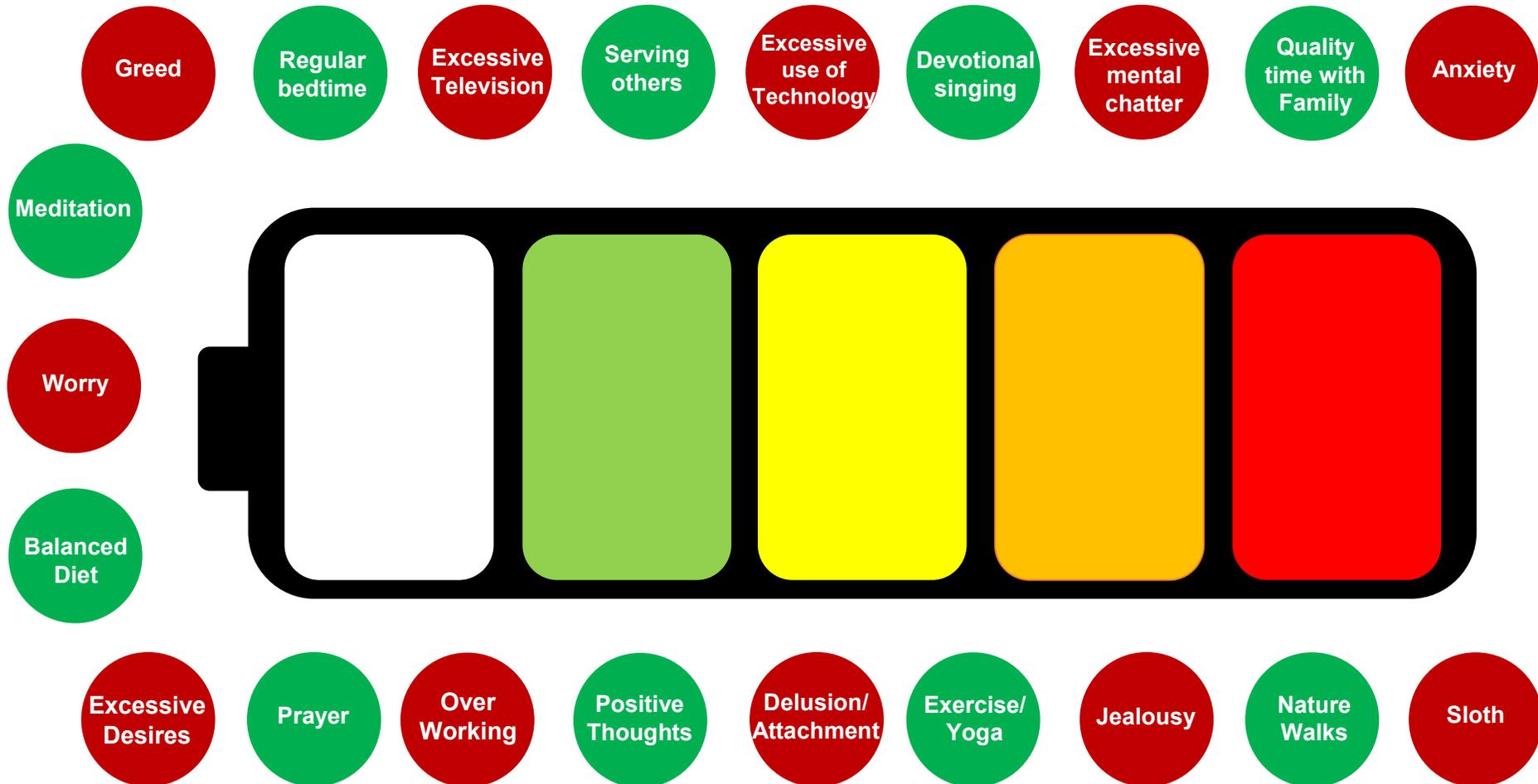
- One of the most powerful forces
- Makes the material world appear real



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



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?

- 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

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



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