



Whoa! Every year for the last couple of years has been a "how the hell did I survive that?" year. But that's the thing about Resilience, you bounce back. Always. That's the core of this human experience.

In April 2022, I rejoined the corporate world and every day since then has been a learning. There have been some disappointments along the way but nothing that hasn't taught me lessons for the future or lessons that allow me to understand the past slightly better.

been a year of making new friends, understanding old ones better & even losing a few. It's definitely been a year of understanding myself better and being able to define Happiness in a more stable and healthy way.

But what I am growing more and more comfortable with in life is having open questions. Questions about who I am, what I want, what makes me happy, what makes me sad, what is the kind of yoga I like to do, the kind of yoga I like to teach, what books do I like to read and what places sing to me. Most of all, the question of what or where home is. The answering of these questions is life itself and there is joy in that. My wish for you all is to have more and more questions and be peaceful with the open-endedness of it all.

*“Be patient toward all that is unsolved in your heart and try to love the questions themselves, like locked rooms and like books that are now written in a very foreign tongue. Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer.” – Rainer Maria Rilke*

Thank you as always for allowing me into your hearts,

*Nayana*

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## The Stop Technique

When I was teaching yoga, I immersed myself in the scriptures, the toolkits of mental & emotional wellbeing and focused on living yoga off the mat as much as possible. To be frank, it was easy.

Well, it was a lot easier than trying to practice the tools in a corporate environment. The first few months of going back to a job were hard on me because i wasn't able to stop my mind from loads of (often unnecessary) stress and anxiety. I would lay awake in bed

As hard as all of this was, it was an immense opportunity to test all of my tools, fail miserably, fall to the floor and weep, and then get up and test them again. I haven't cracked the code yet, and I don't know if any of us can actually do that, given everything that gets thrown at us. But at least I have stopped tumbling down every time something disappointing happens. One of my favourite techniques that has helped me is **STOP**.

The STOP Technique is a mindfulness-based practice *designed to help you defuse intense emotions in the moment. Creating space in the day to pause, slow down a racing mind and return to the present has been shown to be incredibly helpful for mental wellbeing.*

Taking a brief pause—even for less than one minute—can help you cool down your emotional brain and shift into a better frame of mind.

Over time and with practice, this way of responding can become a new habit. The next time you notice yourself overreacting to the small stuff, try working through this 4-step framework



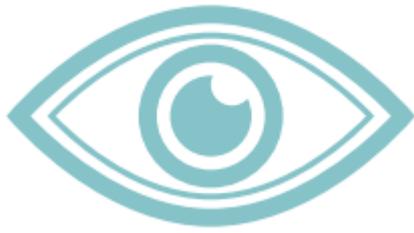
### **STOP**

*Interrupt your thoughts with the command 'stop!' and pause whatever you're doing.*



### **TAKE A BREATH**

*Notice your breathing for a second. Breathe in gently and slowly through your nose, expanding your belly as you do, and exhale slowly through pursed lips.*



### **OBSERVE**

*Become the observer of your thoughts, emotions and physical sensations. What thoughts do you notice? What emotions are surfacing? How does your body feel? Tune in and stay with whatever arises for a few moments.*

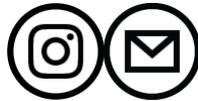


### **PROCEED**

*Mindfully consider how you'd like to respond. What's one small thing you can focus on right now? What would be a helpful response to this situation? Narrow down your focus and take it one small step at a time.*



Starting this year, I also want to share with you the one thing I'm doing *just for fun*. I downloaded the duo lingo app and have signed up for Italian lessons, because, *perché* no? What's the one thing you're doing just because? :)



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