

Practicing Four Noble Truth and Stress Management on Buddhist psychology

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The four noble truths are a main teaching in Buddhism that describes the way life and attaining true happiness. It is theoretical technic that guide refrain from mental suffering. These truths can be believed and applied by anyone, Buddhist or not for any suffering. The first two noble truths, the truths of suffering and truth of the origin of suffering, really reflect the nature of our present life. The truth of cessation and the truth of the path that leads to cessation are the methods to eliminate suffering and its origin.

Stress is our mental, physical, and emotional reactions to any perceived demands which continue for a long time may lead to a diagnosis of depression or anxiety, or mental health problems. Stress is very harmful and it should be managed.

The four noble truths can be applied to stress management. The first truth is stress. We must understand what stress is (*Pariññeyyaṃ*). This is logical that before taking medicine, we must understand our illness. The second truth is cause of stress. The truth of origin should be abandoned (*Pahātabbaṃ*). There are many causes of suffering or origin of stress. The third truth is stress management. It should be realized (*Sacchikātabbaṃ*). Final truth is path leading to stress management. It is with the noble eightfold path as it needs to manage the stress (*bhāvetabbaṃ*).

Considering above facts, in this paper, my chief endeavor is to present a comparative study about practicing the four noble truth and stress management on Buddhist psychology.

Key words: The Four Noble Truth, Stress Management, Buddhist psychology