

STRESS

FINDING YOUR CALM IN A BUSY WORLD



DR. PAARTH VYAS
Founder

A **friendly guide** to feeling lighter,
kinder to yourself, and **more at peace.**

A nervous-System-based approach to stress & calm



TUNES AND VIBES™
SOUND HEALING • FITNESS • RELAXATION

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1. What Is Stress, Really?

Your Body's Helpful Alarm Bell

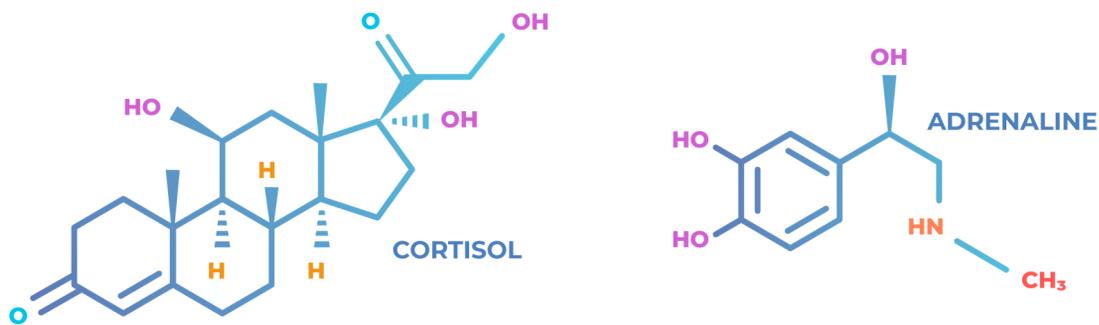
Let's start here: That feeling of worry, pressure, or being “switched on” all the time? It's actually your body trying to protect you.

Think of stress as an internal alarm system. Long ago, it helped humans run from danger. Today, that same alarm rings for different reasons—a packed schedule, a tough conversation, or too many emails.



What's Happening Inside?

When you feel stressed, your body releases hormones like **cortisol** and **adrenaline**. These hormones prepare you to act — your heart beats a little faster, your breathing quickens, and your senses become sharper. This response is helpful in moments of sudden danger, like needing to brake quickly in traffic. But when this internal alarm does not switch off, it begins to drain the body. Over time, constant activation creates strain, slowly wearing down both physical and emotional balance.



“It’s not the load that breaks you down,
it’s the way you carry it.”

- Lena Horne

The key is knowing that stress isn’t a sign you’re failing. It’s a sign you’re human. Learning how to quiet the alarm after it rings is the first step toward feeling better.



2. How Stress Touches Your Life

More Than Just a Feeling

The truth is : Stress doesn't stay in your mind. It shows up in your body, your mood, and how you connect with others.

When stress stays for a long time, it can make you feel :

In your mind : Foggy, forgetful, or like you can't switch off your thoughts.

In your heart : Anxious, impatient, or a little bit numb.

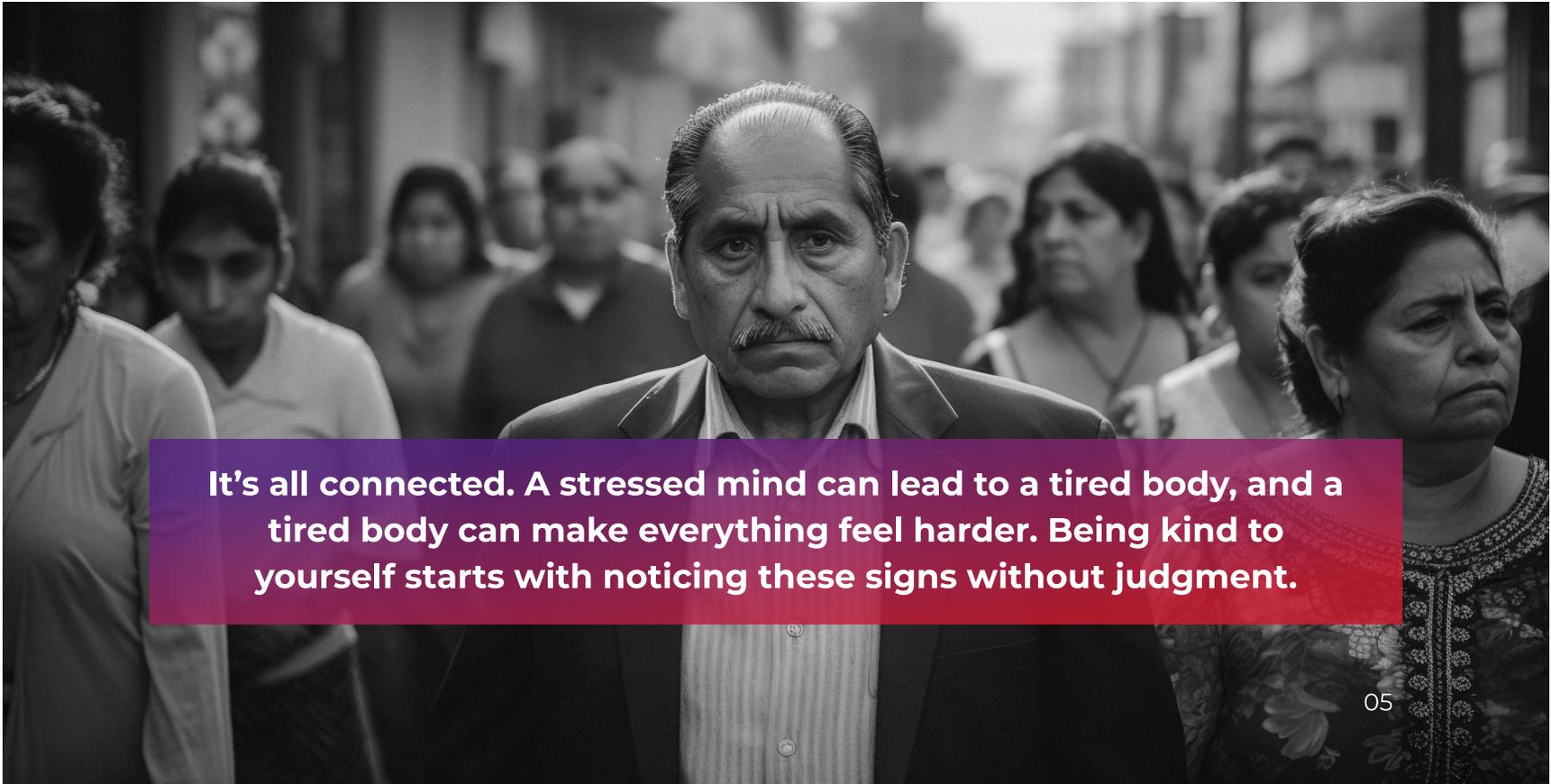
In your body : Tired, with tense shoulders, trouble sleeping, or an upset stomach.

A little
note:

Did you know?

8 in 10

adults say stress affects their physical health, like causing headaches or tiredness.



It's all connected. A stressed mind can lead to a tired body, and a tired body can make everything feel harder. Being kind to yourself starts with noticing these signs without judgment.

3. When Stress Stays Too Long

How stress quietly moves deeper into the body

“Stress Doesn’t Always Feel Loud”

Stress does not always arrive as panic or anxiety. Often, it settles in quietly - unnoticed, unspoken, and unmanaged.

By this stage, stress is no longer just a reaction to a busy day. It becomes a background state, something the body starts living with.

This is where stress slowly begins to affect internal balance.

What Happens When the Body Never Fully Rests

Your body is designed to return to calm after stress. But when recovery time is missing - days turn into weeks, weeks into months - the system stays switched “on”.

Inside the body:

The nervous system remains alert
Hormone signals stay active longer than needed
Natural repair processes slow down

“The body is not broken – it is overworked.”

Stress and the Body’s Chemical Messengers

Stress communicates through hormones. When stress becomes long-term, these chemical messengers lose rhythm.

Instead of rising and falling naturally, they stay uneven.



This imbalance can quietly influence:

- ▶ Energy levels
- ▶ Sleep quality
- ▶ Mood stability
- ▶ Appetite and digestion

Nothing feels “seriously wrong” at first—just less balanced than before.

Why the Effects Feel Different for Everyone

Long-standing stress does not look the same in every life.

- ▶ A student may feel mental fog or loss of focus
- ▶ An entrepreneur may feel constant inner pressure
- ▶ A working woman may notice hormonal or sleep changes
- ▶ A doctor may experience emotional exhaustion without obvious cause

Different roles. Different expressions. Same internal strain.
“Stress speaks different languages in different lives.”

Causes of stress



When Stress Starts to Affect Health

When the body stays under stress for long periods, it begins to adapt - but not in a healthy way.

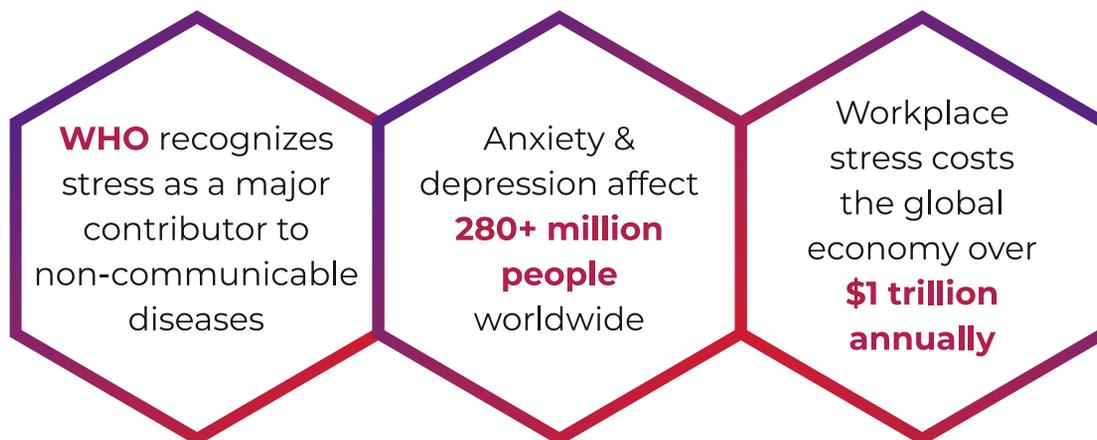
Over time, this strain can influence:

- ▶ Blood pressure regulation
- ▶ Blood sugar balance
- ▶ Immune response
- ▶ Digestive comfort
- ▶ Emotional resilience

Stress does not directly create illness overnight. It reduces the body's ability to recover.

Stress: A Global & Indian Health Crisis

GLOBAL DATA



INDIA-SPECIFIC REALITY

1 in 4 Indians

experiences significant stress or anxiety

Mental health issues in India have increased

30-40%

in the last decade

High-risk groups include:

Students | Entrepreneurs | Working women
Doctors & healthcare workers

Source: World Health Organization (WHO), Global Burden of Disease Studies

OR Data adapted from WHO and international mental health research

OR Source: WHO & National Mental Health Survey of India (NIMHANS)

4. Stress and Your Long-Term Health

Giving Your Body a Break

A gentle truth: When your body's stress alarm keeps ringing for weeks or months, it gets tired. This tiredness can quietly affect your health.

Think of it like a car engine that's always running too high. Over time, parts wear out faster. For us, long-term stress can make other health concerns more likely, such as:

Heart health concerns: Constant pressure can raise blood pressure.

Low energy: It can drain your spark and make joy harder to find.

Body aches: It's linked to more inflammation, which can show up as aches or tummy troubles.

The good news is this: Managing stress isn't just about feeling calm today.

long-term stress is associated with increased inflammation and hormonal imbalance.



5. Simple Ways to Feel Better

Small Steps to a Lighter You

You can do this:

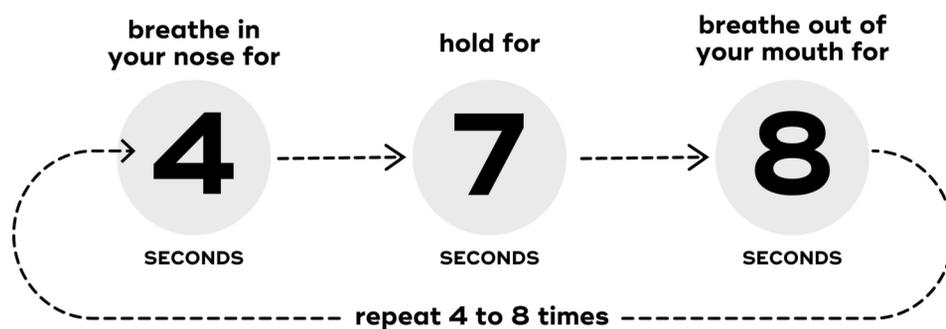
You don't need a big overhaul.

Small, kind actions add up to big changes in how you feel.

Here are a few gentle, science-backed ideas:

“Breathe Like You Mean It.”

Try the 4-7-8 method: Breathe in for 4 counts, hold for 7, exhale slowly for 8. “It tells your nervous system, ‘It’s safe to relax.’”



Move in a Way You Enjoy.

You don't need a gym. A 20-minute walk around the block, some stretching, or dancing in your kitchen counts. Movement helps your body process stress hormones.

Connect with Someone You Trust.

Talk to a friend. Not to solve anything, just to share how you're feeling. Feeling heard is a powerful medicine.

“Start with one tiny thing.” Tomorrow morning, try taking five deep breaths before you check your phone. Be patient with yourself.

You're learning a new way.



“Almost everything will work again if you unplug it for a few minutes, including you.”

— Anne Lamott

6. The Deep Calm of Sound Therapy

A Professional Session:

Letting Sound Re-Tune Your System

Let's clear something up first: This isn't about putting on a relaxing play list (though that's lovely too!). Professional sound therapy is a gentle, guided experience led by a trained therapist. It uses specific tools and frequencies to help your body and mind release deep tension and find balance.

What is a session actually like?

You'll typically lie down comfortably, often wrapped in a blanket. The therapist will create a safe, quiet space. Then, they'll begin playing special instruments around and sometimes lightly on your body. You simply listen, breathe, and receive the sound. There's nothing you need to do.



The Tools of Peace: A therapist might use:



How can sound do this?

The idea is entrainment. Your busy brainwaves (in a stressed "beta" state) can naturally slow down to match the slower, rhythmic vibrations of the sounds. It's like your nervous system hears the calm, steady rhythm and says, "Oh, I can follow that. I can relax here."

How sound therapy helps the brain

Stress state - Beta waves

Sound therapy - Alpha & Theta waves

Brain enters rest-and-repair mode

"This response varies from person to person."

Gamma Waves (30-100 Hz)		Insight Learning Problem Solving
Beta Waves (12-30 Hz)		Active thinking Alertness Scrolling
Alpha Waves (8-12 Hz)		Relaxation Meditation Lucid awareness
Theta Waves (4-8 Hz)		Daydreaming Intuition Creative thinking
Delta Waves (0.5-4 Hz)		Deep sleep Recovery Unconsciousness

Ref. <https://huntingthemuse.net/library/brainwave-states>

Why see a professional?

A therapist is like a guide. They can tailor the sounds and their placement to how you're feeling that day. They hold the space for you to fully let go, knowing you're in caring hands. It's a dedicated hour where your only job is to be, and to heal.

Thinking of trying it?

Look for a "sound bath," "sound meditation," or "vibrational sound therapy" session led **by a Certified Practitioner**. Go with an open mind and no expectations. For many, it's a profound experience of deep rest that lingers as a feeling of calm long after the last note fades.

Singing Bowls (Crystal or Metal): Their pure, long-lasting tones seem to vibrate right through you, easing tension.

Gongs: Their vast, rolling waves of sound can feel like a gentle "reset" for a busy mind.

Tuning Forks: Placed near your body or ears, they use precise vibrations to bring a sense of harmony.

Gentle Chimes or Shakers: To guide your attention and help you stay present.

A peaceful fact: Research in the Journal of Evidence-Based Integrative Medicine found that just one session of sound meditation using singing bowls significantly reduced heart rate, blood pressure, and self-reported feelings of tension.



7. Building a Life with More Ease

Your Gentle Blueprint for Peace

Imagine this: A life that feels less like rushing and more like breathing. It's possible by making small, loving choices-and sometimes, by gifting yourself experiences like sound therapy that offer deep restoration.

Building ease isn't about doing more. It's about protecting what matters and refilling your cup. Here's how to start:

1. Listen to What You Need.

After a sound therapy session, you might feel deeply peaceful. Notice that feeling. It's a sign of what your system truly craves: true rest. Protect time for it.

2. Create Little Pauses.

Put a 5-minute buffer between meetings or tasks. Use it to stretch, sip water, or just breathe. These moments are mini-resets.



3. Do Less, But Do It Kindly.

You can't do everything. Choose 2-3 important tasks for your day. Let the rest wait, and be okay with that. Your worth isn't tied to your productivity.

4. Seek Professional Support When Drawn To It.

Whether it's a sound therapist, a counselor, or a meditation teacher, reaching out for guided support is a sign of strength. It means you value your inner peace.

Your reminder: "Rest is not a reward for finishing everything. Rest is part of the work of being human."

This is your life. You get to design it with intention-filling it with both simple daily kindnesses and occasional profound experiences that help you reset. One soft step at a time.



IS THIS RIGHT FOR YOU?

A gentle self-check

Take a quiet moment and read honestly.

You may benefit from **guided sound therapy** if you often feel:

- Tired even **after resting**
- Mentally busy or **unable to “switch off”**
- Calm only when **distracted** (phone, TV, scrolling)
- Emotionally overwhelmed without a **clear reason**
- Tension** held in the **body** (neck, shoulders, jaw)
- Feel **calmer in silence** music, or nature
- A longing for deeper rest, **not just sleep**

There is no score.

No diagnosis.

Just awareness.

What this means

If you nodded “yes” to even one, your nervous system may be asking for regulation and safety.

Sound therapy is not about fixing you. It is about supporting the body’s natural rhythm of calm and recovery.



A gentle invitation You don’t have to decide anything today.

You can simply:

Learn more

Experience
one session

See how your
body responds

Calm begins with listening.



DR. DAVID MATHIS
California

Dr. David Mathis I'm from Napa, California, I am grateful for the opportunity to experience a personal sound therapy session. The session was thoughtfully conducted and supported a deep sense of calm and internal awareness. It also resonated on a personal level, aligning with inner reflections I have been experiencing recently. As a physician with over 40 years of experience in family medicine, I value approaches that gently support balance and well-being. This was a meaningful and grounding experience, and I look forward to continuing this practice.



SIR AJAY JADEJA
Jamnagar
(Indian former cricketer)

I am truly grateful to Dr. Parth Vyas for the sound therapy session. The experience brought a rare sense of calm and balance, helping me slow down and feel more centered both mentally and emotionally. I deeply appreciate his thoughtful, grounded, and professional approach. It was a truly meaningful experience.

Sir Ajay Jadeja



DR. ROSHAN MISTRY
Rajkot
MD, DM (Neurology-New Delhi)
(Maanit Neuro Care)

I am grateful to Dr. Parth Vyas for the sound therapy session. The experience was deeply calming and thoughtfully guided. The session helped create inner balance and relaxation in a natural, gentle way. I appreciate Dr. Parth's clarity, sensitivity, and professional approach to sound-based healing.

Dr. Roshan Mistry



RJ AABHA
Rajkot
Two World Records Holder
RedFM, RadioCity, MyFM
Co-founder: sportsvillaa

I am truly grateful to Dr. Paarth Vyas for this beautiful sound therapy session. The experience was deeply calming and grounding. The sounds gently helped my mind slow down and feel lighter and more present. Thank you for holding such a peaceful space with clarity, warmth, and care. It was a meaningful and soothing experience.

RJ Aabha



Introducing Tunes & Vibes: Expertise and Experience

Dr. Vyas possesses an extensive list of qualifications, including a **Ph.D., M.D. (AM), YTTC, CPNLP, STAPDC (CTPA), CALOAP, and THP.**

Tunes & Vibes is led by **Dr. Parth Vyas**, a highly experienced professional bringing a wealth of expertise to our practice.

Leadership & Core Expertise

Dr. Vyas serves as the Founder of Tunes & Vibes, in addition to his roles as a Sound Therapist and Neuroplasticity Coach.

Experience: Over **14 years** in sound healing as an Internationally certified **Sound Healing Therapist, Psychotherapist, and Counsellor.**

Approach: His practice is built upon an integration of **more than 30 different therapies**, with a special focus on the transformative power of sound healing.

Prior Role: He served as a Sound Therapist in Atmaneem Nature Cure - Naturotherapy Center, Rajkot for 2 years.

20000+
Audience Reach

Achievement stats:
323+ Success story

Author - your vibration is the key (English & Gujarati)

Clients in UK-USA-DUBAI-CANADA

45+ Collaborations with
Universities - corporates - Hospitals - Events - Resort

Begin Your Calm Journey
If your body is asking for rest,
we invite you to listen.



TUNES AND VIBES™
SOUND HEALING • FITNESS • RELAXATION



Follow us:



TUNES AND VIBES PVT. LTD.

811, Runway Heights, Opp. Synergy
Hospital, 150ft. Ring Road, Rajkot.

info@tunesandvibes.com

CONTACT:

+91 90333 48937