Women with Phoenix Attitude for Life Management

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ABSTRACT

The quality of life management is always a challenging task. It has many twists and turns which are unpredictable. But the most interesting game is managing the quality life. The average span of human life is 60-70 years. During this period an individual has to undergo various transitions and need to optimize the life towards the satisfaction. The direct players in the life management are both male & female. Their role is very much significant in bringing the real essence of life. Women, a multilevel player acts as the centrifugal force in upholding the glimpses of life. She identifies herself with the family and focuses on her family development. Women in this paternalistic society need to be strong with phoenix attitude to face the tightest corners in the challenging world.

Keywords---- Work life balance, flexible environment, quality life, family, strong mind, attitude

I. INTRODUCTION

Attitude is the mindset of an individual which is formed towards a subject, object and situation. Each and every individual strives for happy life. But how many of us realize the importance of being happy in this life. Women are the creator of happiness. She may be the shock absorber without affecting the family’s happiness. When the situation demands, women will disguise her role as both men & women which are not easy for men to take up. This is possible because of their phoenix attitude. Basically women are strong in mind. They are capable of making up the better world.

Traditionally the role of women is almost defined by the society as confined to the home environment. She is totally the caretaker and guardian of the Family management. But in the present era, transformation has occurred in the status of women and her responsibility has got enlarged. She is also an important contributor towards economic growth and development of the family. This positive change is demanding the women to play a very dynamic role in the competitive environment. At times it is a burden for the women folk whose working hours are extended.

The Indian families are now pushed on to the dual career couples to lead a quality life in the society. The multifaceted role of women is becoming very significant in all spheres of life management. It is a fact that today’s women are facing more challenges both in the family and at work place. They are trying to pick the roses by getting the thorny pricks. Women attitude is the causal factor for quality life.

II. PHOENIX ANALOGY

In Greek mythology, phoenix is a long lived mythical bird that is cyclically regenerated or reborn. Phoenix bird has strong compassion and love towards Sun. Whenever it attempts to reach the sun it dies in a show of flames and combustion. The phoenix strong attitude towards love revitalizes its energy and obtains new life by arising from the ashes.

In the same way women in this world is having strong love towards quality life. The prime objective of their life is to create a better environment for happy living. When the women are attempting, they are facing with lot of flames, burns and harmful radiations from various sources. The effect may be very serious causing greatest danger to the life of women. But she as phoenix bird will arise above all the obstacles and will uphold the beauty of life.

III. WOMEN ICONS

Worrying nature: Women are generally more caring and always develop strong affinity towards relationship. This nature will dominate their cognitive thinking and it will make them over protective and creates a greater degree of belongingness. A small percentage of negative feeling or thought gets branded in their inner mind and keeps on
laothing as the disturbing factor. It will accelerate as cyclical and chain process that will source for stressors.

**Always on Toes:** Women are oriented towards working nature. She keeps herself in the tight schedules and always running behind that schedules. Women’s nature is driving her to the core level in completing any task. She will not rest until the work is accomplished without any flaws.

**Expecting compliments:** Women will expect word of appreciation for any successful output created by them. It starts from the home environment. She sees the world only with her loved ones. As a human being it is quiet natural to be appreciated. In reality the nature of men is not to explicitly appreciate the lady, fearing that she will develop superiority complex. They always stay away from appreciating culture. This leads to a disappointment and makes her feel hard.

**No self care:** Women give much importance to family’s health and cares for their well being. Though she is part of the same family, her health and care is not thought of and least bothered. She is working round the clock and spends the entire time for caring others.

**Self needs are last in the priority list:** Women give least preference to herself. She rarely thinks about her likes and dislikes. In course of time she is in amentia stage with reference to her happiness. Women are the first source to sacrifice her for the benefit of the family.

**IV. CHANGE IS INEVITABLE**

Women have to become the key for developmental changes and for creating quality life. They have to break the chain which is delimiting their boundary of operation. Such a change is needed and when the women are marching towards development, it will design the way for holistic growth and development. Women have to delete the above mentioned icons and have to set the qualitative icons for scientific world.

**Defend worries with strong will:** Worries are the base factor for anxiety, stress, chaos etc. It will destruct the process. Strong will to shed away the worrying nature and rising up for quality life is the need of the hour.

**Break the monotony for refreshing the mind:** Human psychology says that monotonous working style will definitely results in boredom culture. Whenever such feel arises, immediately switch on to another assignment where the area of interest lies. Sometimes listening to music or reading books, going for a walk, admiring the nature, feeling the fresh air etc helps the mind to revitalize with energy and positive feel towards working nature.

**Self compliment is the best zeal creator:** The smallest compliment can change the mood of an entire day. It will create a great zeal in the mind and improving the self efficacy of an individual. It has become like a general rule that compliment has to come from other end. It is not so, one can self compliment and feel the happiness towards any small or large achievement.

**Prioritize your needs:** Self love is the best one. It is the responsibility of an individual to care oneself. Self evaluation is the effective tool which helps an individual to understand and execute. A woman unconditionally loves her family but least importance is given to her needs and likes. She has to consider herself as important and utmost care can be rendered by her.

**V. LIFE MANAGEMENT**

Life is not an easy game. It can be managed strategically and is always a puzzle in search of solutions. No family is picture perfect. It is always with twist and turns. But it seems to be very interesting and challenging game need to be played by everyone either effectively or ineffectively. Women acts as the lynching root of any family. Her strong mind and positive attitude sustains the survival of families pride and prejudice.

**Situations:** At times worst situations may trigger ones emotions. Women are treated as an outlet pipe and she will become the shock absorber. Inspite of the situation she has to mask herself only with smile.

**Imbalanced Behavior:** Women facing multi and diversified roles are prone to become easily depressed since her work becomes unrecognized in home and at work place. The paternalistic society is reluctant in acknowledging the women achievement.

**Life treated as Punishment:** Women are utilized to the core level but her service goes unnoticed several times. At this juncture she will consider life as punishment zone. This feel may weaken the attitude. A woman owes the entire accountability of the family. Even for other people deeds she is easily blamed and made accountable. Such pathetic status is experienced by Indian women.

**VI. EFFECTIVE TECHNIQUES FOR LIFE MANAGEMENT**

Patching up technique is the effective one in maintaining the status of family in the social level.

- **Change is constant**
- **Reliable & matured outlets to be identified for whistling out the inbuilt pressure**
- **Switch on to your healthy hobbies**
- **Blue Engine's mantra, “I think I Can “ need to be repeated**
- **Habitate your mind to retain the happy moments**
- **Don’t give up when you are right**
- **Strategize the situation**
- **Learning Attitude**
• Associate with positive people
• Cool mind in facing the critics

VII. RESPONSIVE BEHAVIOUR

Women have to practice responsive behaviour. As women are receiving the worst punches from the various situations they are tempted to be more reactive than the male counterpart. Reactions will complicate the process and deletes the solution. On the other hand responsive behaviour will balance the inner mind and clarifies the problematic situation towards rational solution. Women are capable of responding and bringing out the best solutions to the problem. At times of crisis, women power shields the family welfare.

VIII. DEVELOPING PHOENIX ATTITUDE

Passion towards life: Live the life with passion and not as compulsion. See and enjoy the glimpses of beauty. Appreciate the wonders of life. Try to balance the negativity with positive attitude. Cherish the good things in life and delete the bad incidents permanently from the mind box.

Possibility is the only work module: Possible is the fuel that spreads the energy and happiness to live. Always train the mind only with possible mindset which vibrates the mind to achieve anything in life.

Progressive Mind: Progressive thoughts will provide the right track to proceed. A small deed also to be inclined with progress as the outcome.

IX. CONCLUSION

Women are the base for quality life. They are empowered to carry on the life boat against great tides and current. Women acts like a phoenix bird and her desire for family makes her determined and strong in striving the family towards excellence. Women are playing all types of role with maximum calibre and effort to bring laurels to the family. The attitude is strong and positive in making up the better and qualitative life.

REFERENCES