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Need to Change Definition of Real Men: Sadhguru to Matthew Hayden

16 June 2020, Coimbatore: There's much more to life than cricket is a credo that Matthew Hayden, the flamboyant Australian batsman, lives by with typical Aussie swag much to the delight of his fans. The multi-faceted sportsman recently sought a yogi's perspective on the dissatisfactory state of mental health, particularly in men. Tagging Sadhguru, Founder, Isha Foundation, Hayden tweeted: "More men die from suicide than women and yet we are burdened with the saying "Real Men Don't Cry". It's Men's Health Week and I want to know Sadhguru's insight on how Yoga can help men across the world to stay mentally fit particularly in these challenging times."

His post was accompanied by a 20-second video where he asks, "Sadhguru, can you share with us the importance of mental health through the eyes of a yogi?"

Sadhguru, who has chatted with Hayden in the past on Twitter, responded: "Well, Matty, we need to change the definition of "Real Men." It's not by hiding our emotions but by gaining mastery over them that we are empowered to look Life in the eye. This is what Yoga is – a tool that teaches you to play and yet remain unscathed by the Game of Life."

Last July, Sadhguru casually checked in with "Matty" if he would support Cauvery Calling, a movement to revitalize river Cauvery, tweeting, "Chennai is reeling under an appalling #watercrisis. Cauvery Calling for revitalization. Let us plant trees and make her flow again. Will you answer the call Matty?"

The former Chennai SuperKings player sportingly quipped: "From Whistle Podu to Plant Podu, anything for Chennai....you always have my heart."

Quite the man who wears his heart on his sleeve, Hayden has morphed into a Jack-of-all-trades since he hung up his boots. A sought after speaker, a passionate cook and an astute businessman, he supports several social causes.

During his tour of Australia last year, Sadhguru and Hayden sat down for a public episode of In Conversation with the Mystic in Brisbane to a packed auditorium. The cricketer turned showman was seen thoroughly enjoying the conversation, laughing and cheering frequently as Sadhguru answered his myriad questions.

If you would like to know more about this, please write to mediarelations@ishafoundation.org.