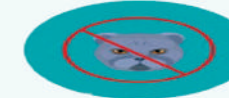
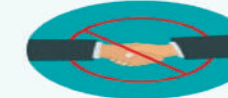



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Bone health: Exercises that help in making bones stronger



If you are not exercising on a daily basis, chances are you are putting your bone health at risk. Your bones need maintenance to be healthy and strong, especially as you age. Here is a guide to all the different types of exercises you can incorporate in your workout routine to strengthen your bones. Here are three different types of workouts, along with the exercises you can do in them.

Weight-bearing exercises
Weight-bearing exercises produce a force on your bones that makes them work harder. To do this, you can pick a simple exercise such as brisk walking, or opt for something more intense, like jogging or running. Sports are also a part of such exercises, such as tennis, badminton, ping pong, pickleball, and other racket sports. Dancing is another great workout you can do.

Resistance training exercises
These exercises make your muscles work harder and become stronger. These workouts also put stress on your bones, making them stronger as well. Strength-training exercises can involve using weight machines, free weights and resistance bands. You can also do exercises like pushups or pullups to make use of your own body weight.

Balance training
These exercises are especially important for older adults to improve balance and help prevent falls. Examples include Tai chi, yoga, walking backwards, and lunges. Maintaining your balance may not seem like something to worry about in your youth. However, you need to keep an eye on your balance or you may suffer from falls once your body gets old.

Diet for bone health
A healthy balanced diet will help you build healthy bones. You need to consume foods that are rich in calcium to keep your bones healthy and vitamin D to help your body absorb calcium. Foods to improve your bone health include milk, cheese and other dairy foods; green leafy vegetables, such as broccoli, cabbage and okra but not spinach; soya beans; tofu; nuts; and fish where you eat the bones, such as sardines and pilchards. As we grow older, our risk of osteoporosis rises. Osteoporosis causes bones to become weak and brittle, which increases the risk of fractures. Therefore, it is of utmost importance to take care of your muscle and bone strength.



Brain exercise: Yoga poses that can improve your concentration power



Here are 5 best yoga poses which are helpful in improving concentration power:

Bhramari pranayama
This is also known as bee breathing. It not just improves concentration, it also removes negative emotions from the body like anger, agitation, anxiety, frustration and stress.
How to do it: Sit straight, close your eyes, place your index finger on your ears. Take deep breath in and out and while doing so make a low humming sound. Continue this for 3-4 times.

Paschimottanasana
Paschimottanasana is where you stretch and bend forward. It works on the brain by stretching and relieving stress from the spine.
How to do it: Sit with legs stretched straight in front of you. Raise your hand and bend forward from the hip joint and upwards. Place your hand on your legs by stretching forward. Make sure your spine is straight in the process. Now, come back to the normal position. Repeat doing this for 2-3 times.

Setu Bandhasana
Also known as the bridge pose, Setu Bandhasana is a bit difficult to do. This calms the brain by improving blood circulation.
How to do it: Lie on your back. Bend your knees keeping your feet flat on the floor. Now lift your body upward forming a bridge-like pose. Support your body using your feet and hands. Keep breathing in and out in a gentle manner. Do this for 2-3 times and hold this posture for about 1 minute.

Sarvangasana
In this you have to rest the entire body on the shoulder. This posture improves the functioning of thyroid and parathyroid glands. Hence this is highly recommended for improvement of cognitive function.
How to do it: Lie on your back. Draw the feet close to the hips and lift the lower body part slowly. Maintain balance by keeping your hand under your hip. Keep going upwards till your body completely rests on your shoulder. Hold this pose for 1 minute and repeat it 2-3 times.

Halasana
The yoga pose is also known as the plow pose. It stretches the back and neck of the



Immediately after you wake up every morning, it is your responsibility to channelise the inner most energy so that your body gets the right amount of fuel to function throughout the day. In this context, yoga and meditation are believed to be most effective.

Concentration power is indispensable to carry out daily activities. With growing age and also due to work pressure our concentration power suffers a serious hit. Therefore, in order to keep it running one needs to include yoga poses and meditation in daily routine.

body and relaxes the body by reducing fatigue. It improves blood circulation in the nervous system and hence regulates brain function.

How to do it: Lie on your back, keep your hands straight and parallel to the floor. Bring your knees towards you. Now slowly lift your leg upwards and then gently slant it towards your head. Make sure your hands are straight meanwhile. Touch your leg on the floor just above your head. Hold this position for 5-10 breaths and gently come back to normal position. You can try this for 2-3 times.

Love is not enough: Do you care for your child's mental health?

The well-being of children is a paramount concern for parents, and while physical health often takes centre stage, it's equally important to prioritise their mental health. A child's emotional and psychological well-being sets the foundation for their future, influencing their ability to cope with life's challenges and succeed in various aspects of life. In this article, we'll explore the importance of children's mental health and why parents should be vigilant for early signs of issues in their children.

Establishing a strong foundation
Childhood is a critical period for mental health development. Just as we invest in a strong physical foundation for our children, we must prioritise their emotional and psychological development. A healthy mental state enables children to navigate life's ups and downs, build resilience, and form healthy relationships.

Early signs of mental health issues
Being vigilant for early signs of mental health issues is crucial. While children can't always articulate their feelings and experiences, they often manifest distress through behaviours and physical symptoms. Common signs include:

- a. Changes in behaviour: Sudden shifts in behaviour, such as increased aggression, withdrawal, or excessive mood swings, can signal underlying mental health concerns.
- b. Sleep disturbances: Frequent nightmares, difficulty falling asleep, or excessive sleep can be indicators of anxiety or depression.
- c. Academic difficulties: A decline in school performance or an abrupt loss of interest in academics may be a cry for help.
- d. Physical complaints: Children may express emotional distress through physical symptoms, such as stomachaches and headaches.
- e. Changes in appetite: Significant changes in eating habits, whether it's overeating or a loss of appetite, should not be ignored.

The Stigma Surrounding Mental Health

One reason parents must be vigilant is the stigma often associated with mental health issues. Children may be hesitant to talk about their feelings or ask for help, fearing judgement or misunderstanding. By creating an open and accepting environment at home, parents can encourage their children to share their emotions and seek assistance when needed.

Early intervention is key
Identifying mental health issues in children early is crucial. Early intervention can prevent problems from escalating, making it easier to address and manage. When parents recognize the signs of distress and take appropriate action, they can provide the support and resources necessary to help their child thrive emotionally and psychologically.

The Impact of parental support
Parents play a vital role in their children's mental health. A loving, supportive, and empathetic home environment fosters emotional well-being. When children feel heard and valued, they are more likely to develop positive self-esteem, a healthy self-image, and strong coping mechanisms.

Here are 5 wrong reasons to have children
Seeking professional help
If parents observe concerning signs or changes in their child's behaviour, seeking professional help is essential. Mental health professionals, such as paediatricians, child psychologists, or therapists, can provide guidance and treatment tailored to the child's specific needs.

The importance of children's mental health cannot be overstated. As parents, it's our responsibility to be vigilant for early signs of issues in our children. By understanding the significance of mental well-being, recognizing the signs of distress, and providing a supportive and accepting environment, we can help our children develop the emotional resilience they need to lead happy, fulfilling lives. Early intervention and access to professional support are essential to ensure that our children grow up with strong mental health and are prepared to face life's challenges.

