

# SUNDAY

Your Companion for a Funday

## Winter mornings are not the best time to walk: Here's what you can do instead



Winter mornings often bring chilly temperatures and frosty landscapes, making outdoor walks less appealing for many. However, staying active and maintaining a healthy routine remains essential even in the colder months. If braving the cold isn't your cup of tea, fear not! There are plenty of indoor activities that can keep you energized, fit, and in good spirits during winter mornings.

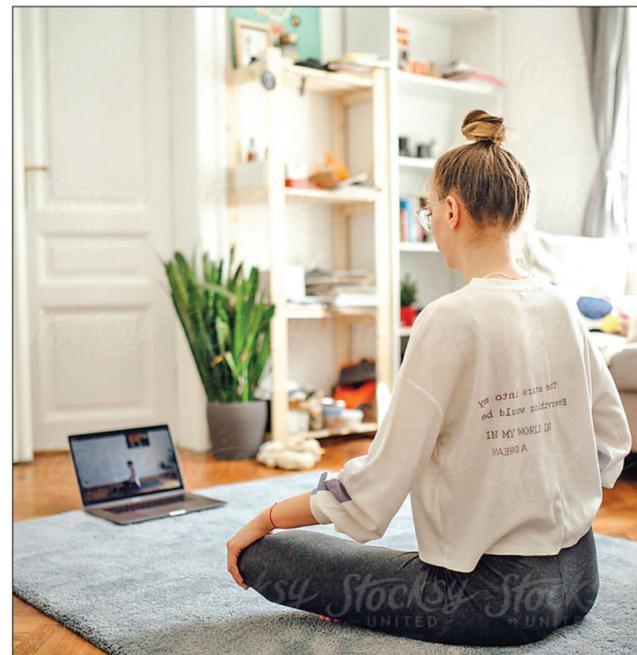
**Indoor workout:** Embrace the warmth of your home by engaging in indoor workouts. Follow online fitness videos, try yoga, or set up a home gym routine. Exercise not only keeps you physically active but also releases endorphins, boosting your mood and energy levels. Turn on your favorite tunes and dance your way into the day. Aerobic exercises can be adapted for home settings. Jumping jacks, high knees, and skipping rope are effective aerobic activities that require minimal space and equipment. They are sure to warm you up and get your heart rate up.

**Flexibility and mobility:** Gentle stretching exercises can be a wonderful alternative to a brisk morning walk. Focus on flexibility and mobility to wake up your muscles and joints, improving circulation and reducing stiffness.

**Other alternatives for you:** Engage in indoor sports or games to get your heart pumping. Whether it's table tennis, mini-basketball, or even a game of active charades, these activities provide a playful and enjoyable alternative to outdoor walks. Dancing is a fun and effective cardiovascular exercise that warms you up quickly. It's a great way to start the day with a positive and energetic vibe.

**Join virtual classes:** Join virtual fitness classes that cater to indoor workouts. Many platforms offer live or recorded sessions in various fitness styles, allowing you to choose what suits your preferences and fitness goals.

**Try meditation and mindfulness:** Winter mornings are conducive to cultivating a mindfulness practice. Spend time meditating, focusing on your breath, and setting positive intentions for the day. Mindfulness contributes to mental well-being and can be a tranquil start to your morning. While winter mornings might not be the ideal time for outdoor walks, there are numerous indoor activities that offer warmth, comfort, and health benefits. Remember, the key is to find activities that resonate with you and make your winter mornings enjoyable and fulfilling.



## Is your teen struggling with social issues? Tips to boost your teenager's mental well-being

Teenage is an exciting and beautiful phase of life marked by rapid physical growth and expanding minds. It is a time when children start exerting their independence, exploring new identities, and preparing to move into adulthood. Needless to say, all these changes are not easy to navigate, especially at a time when hormonal changes have made you more vulnerable to your emotions, and often there's confusion and chaos in your mind. During teenage, the human brain while fully grown is still fine-tuning many of its functions. This makes teenagers respond to stress and stressful situations differently from adults. This increases their risk of developing stress-related mental illnesses such as anxiety and depression.

The still-maturing brain also makes teens more vulnerable to negative social behaviors such as bullying, peer pressure, academic stress, family conflicts, etc. And they may pick up negative habits like substance abuse to navigate this stress and make sense of the world around them. Mental health illnesses in teens can also lead to physical ailments like obesity.

Parents, teachers, and guardians can help teens navigate these challenges by enabling their mental health and wellbeing. But rather than just focussing on their teens' minds, parents need to adopt a 360-degree approach to their children's wellness. This includes focusing on their diet, physical activity, social connections, sleep, and even their spiritual wellbeing. All these aspects add up and help teens grow up into healthy and functional adults. Here are some recommendations to nourish your teen's mental health and wellbeing:

**Talk to your teen:** Maintaining open communication channels with your teen is vital for their mental health. Even if they assert their independence, let them know that you are there for them in case they want to talk. If you sense something is not right with your child, let them know you are worried instead of assuming or guessing what's wrong. Assure them you are there to support and love them unconditionally.

**Encourage family time:** Be it dinners, festivals, or any special occasions, spending time with family contributes to teens'



wellbeing. Researchers at Penn State University found that family time, especially time spent with fathers, has important implications for adolescents' psychological and social development.

**Respond, not react:** Talking to teens can be like walking on eggshells. At any given time, they are processing a spectrum of difficult emotions and are vulnerable to outbursts and anger. However, as parents you need to learn to respond

instead of react. This will encourage them to open up to you and develop trust in you as someone who can provide them with safety and help.

**Talk about mental health:** By talking openly about mental health and sharing information about mental illness you remove the misinformation and stigma surrounding it. In case your child is coping with a mental health challenge, nurturing a positive attitude towards it at home will help build your

child's confidence and resilience. At the same time, seek professional help for your child.

**Set boundaries:** As parents you should be consistent in enforcing rules and setting boundaries for your teens as it provides them with a safety net while encouraging them to be more independent and autonomous.

**Focus on their physical health:** A healthy mind resides in a healthy body. Teenage is a time of tremendous growth. So, provide your teen with energy-dense foods such as whole grains, cheese, nuts, dates, etc. Support their muscle growth with ample sources of plant and animal protein like eggs, lentils, soy, beans, and seeds. Include plenty of fresh vegetables in fruits for vitamins, antioxidants, iron, and fiber and encourage them to stay well hydrated through the day.

**Get them to sleep:** Sleeping for 7-8 hours at night can contribute significantly to teens' mental wellbeing. Help them develop a bedtime routine that includes a meditation or breathwork session and playing sleep music or stories to sleep better.

**Encourage movement:** Your teen may wish to spend hours glued to the screen but gently push them to step outdoors for daily physical activity, be it a jog, a game of tennis, or a few laps in the pool. Encourage them to participate in team sports for an added social boost.

**Encourage social activities:** Teen brains are wired to focus more on peer relationships and social experiences. Encourage them to make friends and spend quality time with them. Social interactions feed their emotional wellbeing and impart them with social skills for life. Infact, having a large circle of friends has also been linked to better academic performance.

Enable your teen's journey to adulthood with unwavering love and support. Promote their wholistic development and help them learn that happiness comes from within and by enjoying everyday experiences and events instead of tying it with academic scores or social status. Nourish their mental wellbeing by allowing them to thrive with health, happiness, and purpose.

## Things to keep in mind while shopping from Instagram

When you are shopping online, you should be able to try on what you are purchasing. One should be able to feel the fabric and see how it would look on you. However, online shopping does not provide you with this luxury. Though it is super convenient, at times the product might lack comfort. Nowadays, people are heavily shopping from Instagram websites and thrift stores, which provide a variety of trendy clothes that always captivate our attention. Therefore, if you want to shop till you drop, then keep these things in mind while purchasing.

**Confirm your size availability**

Sizes are always different in every brand. Therefore, look for the low waist, high waist, bust, and hip size sections and then opt for the right fit. The size chart is updated according to the region, therefore look for the UK or US size charts as different countries have different size guidelines. You should know that size 6 US and size 6 UK are not the same. Therefore, keep a check of your hips and bust measurements at all times which would make online shopping easier for you.

**Check the return policy**

Always check the return policy details, as not all shops allow you to exchange an item that does not fit, but most shops do allow returns. On Instagram, always check when the website was started and whether it is legit or not. Check for the comment section reviews and reviews uploaded on the website and then read carefully the policies of the company. Check all their posts and look for any kind of theft or forgery situation.

**Lookout for a mood board**

Your mood board is a collection of images that inspired you to purchase and should reflect your style. It should serve as a source of inspiration, as there are tons of websites and thrift stores on Instagram, which have a variety of clothes. Thus, you should spot the type of collection you wish to wear notice the commonalities, and further explore the website. The platform will also start recommending more brands and websites of the same genre which would be beneficial for you.

**Opt for cash on delivery**

Cash on delivery has a shorter time frame to delivery than standard invoicing and is better than the online payment process to avoid the scene of forgery. As some websites do not have a proper verification and might not be legit, thus people prefer cash on delivery. Many times even after the tracking process, the parcel never arrives, proving that the website is a fraud. Thus, it's better to wait for the parcel and then pay for delivery.

**Put clothes on hold**

If you're on the fence about an item then ask the website whether they can hold the item or not. Many websites do not provide you with the availability, however, some legit Instagram websites do allow you to, and thus one should understand that it is a legit website. You can simply put things in a cart, but some exclusive websites have limited items, therefore make a quick decision.

