








STATE TIMES

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Winter special: THESE lifestyle changes can increase your Vitamin D levels



Just as the winter months approach, we tend to spend more time indoors – bundled up in our blankets, spending time inside our rooms, scrolling through social media and what not. The gloomy, winter weather makes people stay inside their cocoons way too much and this can hamper their Vitamin D needs. Plus, winters are famous for not giving us enough sunshine, which makes up for the majority of our Vitamin D intake. This winter, try these 4 ways to boost your Vitamin D levels so that you do not face any problems due to deficiency.

**Step out of the house**

While it might seem very cliché, this is the best way to ensure adequate Vitamin D intake. Often referred to as the "sunshine vitamin," Vitamin D is synthesized in the skin upon exposure to sunlight.

So, stepping out in the sun is one of the most natural and effective ways to boost Vitamin D levels. When the skin is exposed to sunlight, it synthesizes Vitamin D3 and spending even around 10-30 minutes in the sun can help you tremendously.

**Eating Vitamin D rich food**

Another obvious, but very important way to increase Vit. D intake is by eating foods rich in it. Fatty fish like salmon, mackerel and tuna are excellent natural sources of Vitamin D.

Additionally, fortified foods such as fortified milk, orange juice, cereals and yogurt can also be part of a strategy to increase your Vitamin D intake. Including fish oils, dairy products and Vitamin D rich foods especially in your breakfast can help increase your intake.

According to the British Heart Foundation, “The best food sources of vitamin D are oily fish, including salmon, mackerel, and sardines. Other sources include egg yolks, red meat and liver.”

**Egg yolks**

A very good source of Vitamin D from eggs is the bright, yellow yolk that some people usually throw away. Incorporating egg yolks into your diet is one of the best ways

to enhance Vitamin D intake during the winters.

Having them for breakfast in the form of boiled eggs, scrambled or included in recipes, can give you a Vitamin D boost. Plus, eating eggs during the winters also keeps a lot of winter ailments away.

**Vitamin D supplements**

If you are the type who is on a permanent work from home environment, or have an aversion to eggs and do not like stepping out in the sun in general, consider Vitamin D supplements so that at least you won't be in a deficit.

Vitamin D supplements come in various forms like Vitamin D2 and D3 tablets or even powder. These can be taken orally and ensures that your Vitamin D levels don't fall over the winters.

To consume these supplements, try to have them with a glass of milk or water early in the morning and make them a regular part of your winter diet. It is best to consult your doctor first before taking vitamin supplements.

How to handle short-tempered teens?

Dealing with arguing teenagers can be a challenging aspect of parenting. The clash of opinions, emotions, and desires often leads to conflicts that, if mishandled, can strain relationships and hinder communication between the parents and the child. Amid such arguments, you might feel that there is something wrong with you or your child. However, such clashes are quite common in teenage years. Be kind to you and your child and try these effective strategies to navigate arguments that will foster understanding, promote healthy conflict resolution, and maintain a positive connection.

**Listen to their perspective:** Listening attentively to teenagers without interrupting allows them to express their thoughts and feelings. Validate their emotions by acknowledging their perspective, even if you disagree. This validation doesn't imply agreement with their viewpoint but signifies respect for their feelings. Paraphrasing their concerns or repeating their words back to them demonstrates that you understand and encourages them to communicate more openly. By showing genuine interest and empathy, you create an environment where they feel heard and understood.

**Teach them how to respectfully disagree:** Establishing clear boundaries and guidelines helps manage arguments constructively. Emphasize the importance of expressing thoughts without resorting to insults or yelling. Reinforce the idea that while differences of opinion are natural, mutual respect is non-negotiable. Encourage them to express their viewpoints calmly and encourage compromise or negotiation when resolving conflicts.

**Teach them how to solve problems peacefully:** Teach teenagers how to identify the underlying issues causing the argument and brainstorm potential solutions. Guide them to focus on finding common ground rather than emphasizing the differences. Encourage them to think about the consequences of their actions and how compromise can lead to mutually beneficial outcomes. This approach empowers them to take responsibility for resolving conflicts in a mature and constructive manner.

**Teach them how to manage their emotions:** Adolescents are navigating a phase of intense emotions and often lack the tools to manage them effectively. Encourage the use of techniques like deep breathing, taking a break, or journaling to calm down before addressing the argument. Modeling self-control during disagreements can also be instrumental in teaching them to manage their emotions in challenging situations.

**Practice what you preach:** As an adult or parent, your conduct during arguments significantly influences how your teen learns to manage conflicts. Demonstrate respectful communication, active listening, and a willingness to compromise in your interactions with them and others. Your behavior serves as a blueprint for how your child approaches disagreements.



How to deal with rejection professionally and personally



**Maintain professionalism**

Facing rejection in a professional setting can be disheartening. However, one has to maintain a high level of professionalism. Respond to the rejection gracefully, expressing gratitude for the opportunity and understanding the decision. This demonstrates maturity and leaves a positive impression.

**Seek feedback**

Instead of dwelling on the rejection, use it as an opportunity for growth. Politely inquire about feedback, seeking constructive criticism. This not only shows your commitment to improvement but may also open the door for future opportunities with the same organization.

**Learn and adapt**

Treat rejection as a chance to learn. Assess your skills and qualifications, identify areas for improvement, and take steps to enhance your capabilities. This proactive approach not only boosts your professional development but can increase your chances of success in the future.

**Maintain relationships**

Don't burn your bridges. Even in the face of rejection, maintain positive connections with the individuals involved. Industries are often tight-knit, and your professionalism in handling rejection may be remembered and appreciated in the long run.

**Personal rejection**

Allow yourself to feel

It's essential to acknowledge and process your emotions. Whether it's a romantic rejection or the end of a friendship, give yourself the time and space to feel the emotions associated with rejection. This is a healthy part of the healing process.

**Avoid self-blame**

Understand that rejection is not always a reflection of your worth. People have their reasons for the choices they make, and it's not always about you. Avoid internalizing the rejection as a personal failure.

**Lean on support systems**

Surround yourself with friends and family who provide emotional support. Sharing your feelings and experiences can be cathartic, and having a support system helps you navigate the challenging emotions associated with rejection.

**Focus on self-care**

Rejection can take a toll on your mental and emotional well-being. Get into activ-



Rejection is a part of life, and it can be challenging, both professionally and personally. It could be a job opportunity, a romantic interest, or any other aspect of life, facing rejection is never easy. However, how you handle it can have an impact on your future and well-being. Here are some ways to navigate rejection in a professional and personal context.

Professional rejection

ities that bring you joy and relaxation. Take care of your physical health through exercise, proper nutrition, and sufficient rest.

**Reflect and grow**

Use rejection as an opportunity for self-reflection. Assess your values, priorities, and expectations. This introspection can lead to personal growth and a clearer understanding of what you truly want in relationships.

