

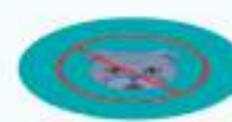
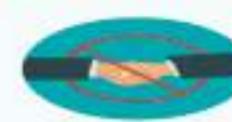
STATETIMES

SUNDAY

Your Companion for a Funday



PROTECT YOURSELF FROM COVID-19



Everyday things putting your heart health at risk (and small steps you can take to rectify)

Unhealthy lifestyle triggers heart issues. So it is very essential to make changes to lifestyle to prevent risks of developing a poor heart. Contrary to what many believe, only a small amount of change in the current lifestyle is sufficient enough to keep your heart going on strong.

While we all know change is inevitable, the way we perceive it makes it difficult for us to embrace it. For good heart health, we all resort to healthy lifestyle habits like exercising, eating healthy food at some point in our life. But how long are we able to follow this routine? Not for a longer duration.

Taking one small step at a time can impact the health of an individual and here's how to do it.

Walk, at least once in a day

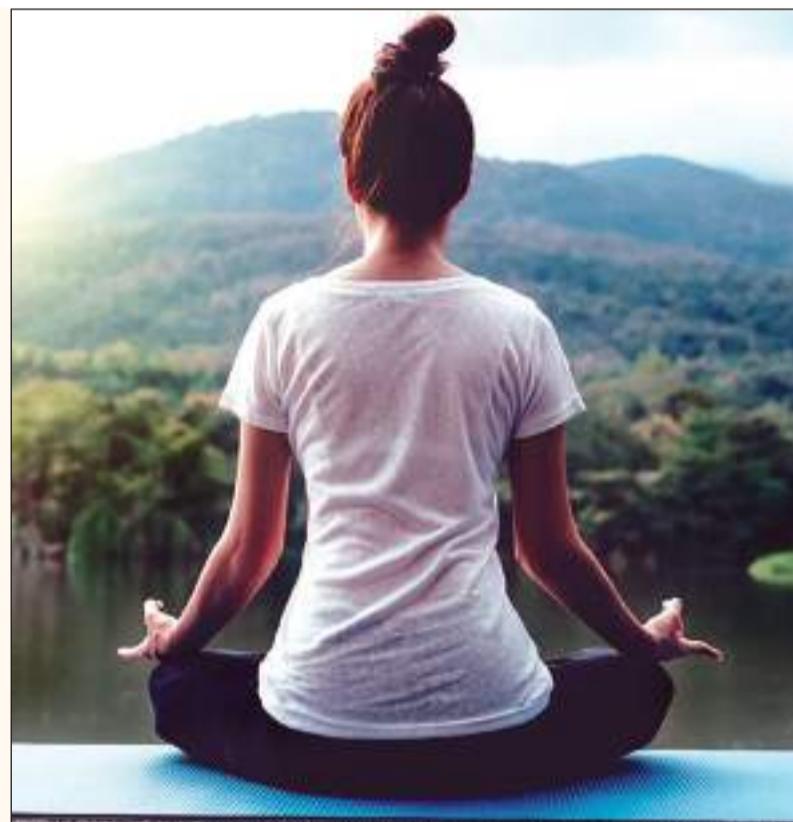
Walking is as beneficial as any fitness exercise. While health experts and doctors recommend walking 30 minutes daily, you can start it at a small scale. If not 30 minutes, you can start by walking 10 minutes daily. Instead of putting yourself to 30 minutes of walking all of a sudden it is fine if you gradually up the walking time.

On the importance of walking a 2010 research study says, "Evidence from epidemiological studies suggest that even small improvements in the amount of daily walking is better than no walking, and greater increases confer larger cardiovascular health benefits. Patients may accrue short-term gains such as improved fitness, body composition, blood pressure and lipid profiles. Longer term benefits include reduced risk of CHD, coronary events and mortality. Patients should gradually raise their walking levels, with the public health recommendation of 150 minutes per week as a minimum goal."

Breakfast is important

How many of us take breakfasts seriously? Not many. The first day of the meal, which should be the most nutritious and healthy, is often ignored due to our lifestyle of going to bed late and lying there till late.

A 2019 research study carried out by Richard Ofori-Asenso and others in the Department of Epidemiology and Preventive Medicine, Monash University, Melbourne says, "people who skip breakfast may be at greater risk of experiencing adverse health outcomes compared to people who regularly consume breakfast. Specifically, we found that people who regularly skipped breakfast were about 21%



more likely to suffer a CVD event or die from it, and 32% more likely to die from all causes than people who regularly ate breakfast."

Breakfasts should be lavish and big. Since the metabolism is at the peak during morning hours, giving the body enough food is essential during morning time.

Count your calories

Do not fall for everything labelled healthy. The key to a healthy being is having the right amount of calories. If you choose quinoa over rice, just because some friend told you that it is healthy doesn't mean it has to be. Count the calories before you eat anything out of the plate.

The recommended daily calorie intake is 2,000 calories a day for women and 2,500 for men.

Physical activity during household chores

You don't have to go to the gym everyday to maintain your health. Household chores when done properly can help a body as much as gym workouts do. For example, while arranging your bookshelf, take 2 heavy books in each hand and give an exercise to your arm muscles.

Practice mindfulness

Meditation or practicing mindfulness is immensely useful for a good heart. Experts have always linked stress and depression with poor heart health. One should relax the mind to keep the heart going on.

Meditation has mostly been associated with improvement in mental quality of life, in curing depression and anxiety and improving the blood pressure which are very essential for a good health of the heart.

Keep yourself clean

Cleanliness is next to godliness for many reasons. Just like cleaning hands keeps off the risk of COVID at a distance, likewise keeping oneself clean and tidy keeps off many unwanted and harmful pathogens from the body. Communicable diseases like pneumonia, flu, and other viral infections are detrimental to heart health.

Positivity is the key

Do not let negativity overpower your mind. Keep yourself happy and content. Anger, hostility have always put an adverse effect on heart health.

Five chores to assign to your preschooler to foster initiative



Children deserve all your love, care and pampering while growing up but it is also imperative to inculcate other qualities in your child so that they develop into a well-mannered individual. Like playing activities and group tasks help children learn the importance of teamwork and helping each other out, assigning them tasks at home can help foster values of initiative, responsibility, organization and working together. Here are five chores that you can trust your preschooler with and have him learn values that will benefit him in the future.

Making bed

Right from the time one wakes up, the first organizational task that one should do is making one's bed. Asking your child to make their bed is the first step towards organization. This makes the child aware of its surroundings and the need to have cleanliness in the spaces that they inhabit. The child would need some assistance in the beginning and their work might even need finishing for some time until they learn it completely.

Dusting

Start with asking them to wipe certain surfaces that are easily reachable and not too difficult to clean. This can later on be expanded to more surfaces, objects and finally to the child's room. It is also recommended to use natural cleansers such as vinegar instead of anything that has harsh cleaning chemicals. Wiping the table after dinner is also a good starter.

Watering the plants

Watering plants is a simple task that children can perform even at a young age. It develops qualities of nurturing, growth and responsibility in children. Assigning this weekly or bi weekly task to your child is another great way of inculcating responsibility in them.

Organizing their toys

Once your child starts playing, the room becomes a complete mess. Asking your child to put things in their place will help them learn about the space they live in and will also make it easy for them to find toys the next time they play. Initially, you will have to be very specific with your instructions so that they can find their way around a lot of things at once. Once they learn to clean certain spaces, they will be independent enough to know how to proceed.



Mental Health: Steps to heal from a trauma

The intensity of a trauma, the way it impacts an individual and the strength of overcoming it, in total, determine how one deals with it. Many among us are unfortunate and succumb to the pressures of the trauma and end up having post traumatic stress disorder. The stress associated with a trauma is as ignored as every other aspect of mental health. Everybody experiences it at one phase of their life or the other, but nobody talks about it; either due to lack of awareness where the individual doesn't know what he or she is going through or else due to the fear of being ostracized as someone who is incapable of handling wordly pressures.

Identify it

If you notice you are being too reclusive from even your best friends, try to find out the reason behind it. Analyse the recent happenings in your life and find the changes that have started to happen within you.

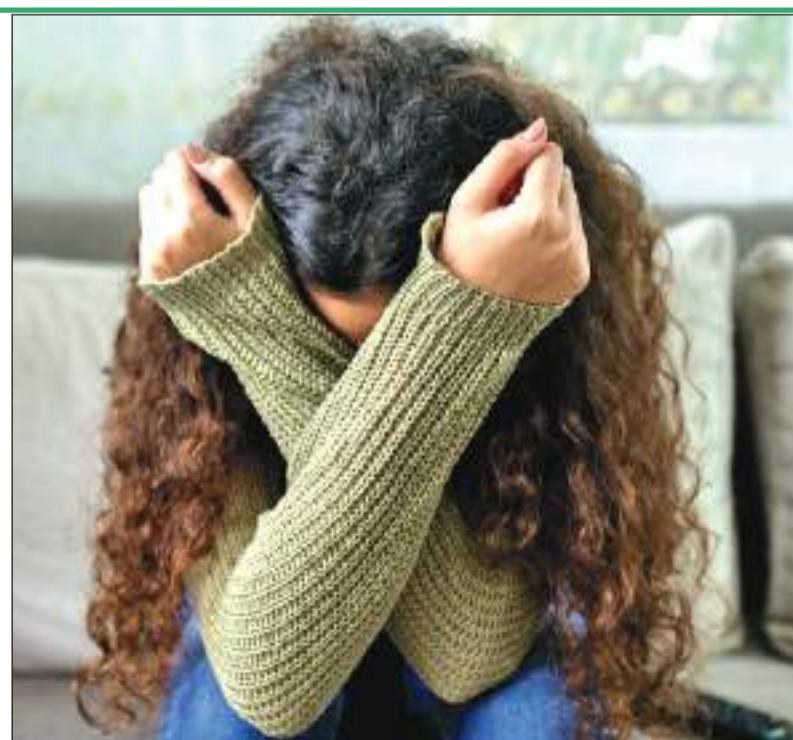
Do you notice a change in the manner you talk to people? Has anyone recently told you about how rude you sounded over a trivial matter? Did your maid just inform you that you have been sitting absent minded and idle for the last 30 minutes? Did your partner tell you that certain groceries are missing from the pantry even after you had promised to bring them from the stores?

If these have been happening recently after a shocking incident then you should identify it and work towards stopping it. The main objective is to not let the effect of a trauma overpower your normal being.

Deal with it, heal from within

Do not let a traumatic incident rule over the happy side of yours. Learn to deal with the trauma. Do not hesitate to take help. Talk about the incident, to your family and friends and seek their suggestion. You can also write down your experiences in a journal. It doesn't have to be about the incident; it can be anything like your daily habit, a short story you have in mind or even about your pet cat.

If this does not work, take help from experts. Find a therapist who you can go to



frequently. Attend the sessions and get help. The sooner you identify it, the stronger you deal with it, the quicker you will heal from it.

Try healing methods

Learn about how to overcome stress. Do not let your life go mundane over an incident. Find mindfulness and body centered techniques to help you sail through the process. Remember everything is unattainable until tried, everything is attainable once it starts.

Eye Movement Desensitization and Reprocessing (EMDR) Therapy

It's a bilateral brain stimulation in which unprocessed buried emotions in the brain are processed. "Unlike other treatments that focus on directly altering the emotions, thoughts and responses resulting from traumatic experiences, EMDR therapy focuses directly on the memory, and is intended to change the way that the memory is stored in the brain, thus reducing and eliminating the problematic symptoms," say experts at the American Psychological Association.

Emotional Freedom Technique

This is a body centered therapy where doctors stimulate acupressure points to help the patient deal with all sorts of stress. As per a study on clinical effect of EFT says that EFT is a brief intervention combining elements of exposure, cognitive therapy, and somatic stimulation of acupressure points on the face and body and found that during EFT physiological indicators of health such as RHR, BP, and cortisol significantly decreased, indicating improvement. Happiness levels increased as did immune system function.

Practice Yoga

Mind exercise can do wonders like none. However, it is difficult to put the mind into that when one's dealing with a trauma. It's better to join yoga classes and practice mindfulness for an hour or two. Once you feel you can concentrate on it, you can do it at home. Various Yoga poses like Surya Namaskar have proven benefits for mental health and have been seen giving a boost to the brain's functioning.

