

SUNDAY

Your Companion for a Funday

PROTECT YOURSELF FROM COVID-19



'Waking Rest': The New Wellness Trend everyone's talking about, here's how you can practice it

With the advent of technology, digital advancements, our life has surely become easy to handle. While we still lead a busy life, there are easier ways to stay connected with our loved ones, make tasks more manageable and run our finances more efficiently. However, are there any disadvantages of living in such a modern, advanced environment? Of course there is! Not to say, it can take a drastic toll on our physical and mental being.

Think of the times when you woke up feeling extremely anxious about your day's work, gulping down your breakfast and then going straight to work. Well, that's not the kind of thing that would keep you relaxed and calm, is it? That said, a new wellness trend 'Waking Rest' has become the talk of the town, helping people manage their stressors and to ease their mental state. Here's everything you need to know about it.

'Waking rest' - The new wellness technique at our rescue

Being mindful of yourself, your mental being is of utmost importance. While your work, your social media may give you a sense of satisfaction, there's nothing more joyous than being awake and still having nothing to worry about. This phenomenon is known as 'waking rest'. As per Amanda Lamp, a faculty member at Washington State University, "Waking rest is a period of quiet, reflective thought that allows the brain time to consider and process whatever arises spontaneously."

What this wellness practice does is that it allows your mind to wander even when it is awake. It disengages you from anything that can possibly affect your mind in any way. So while you may indulge in washing your clothes, dishes, cleaning your apartment, you're not allowed to mentally engage in anything.



How to practice?

It begins by you keeping aside your urge to check your phone as you wake up and dedicating at least 2-3 minutes to your thoughts. You must do nothing at first and let your thoughts take the lead. Do not try and fight it, rather indulge in the most simple, mundane tasks that do not need any mental engagements. This is how you can practice "waking rest" at its best. Doing so regularly will train your mind to become accustomed to it and will help your brain realise when you need to take a break.

The implication of the pandemic on mental health, digital technology adds fuel to fire

While challenges to our mental health have posed from time immemorial, the coronavirus pandemic has only worsened the situation. With everyone locked in, practicing social distancing and working from home, a state of normalcy has been lost. For the past year and a half, we have become hooked on our phones, social media, causing great injuries to our minds.

You may often find yourself waking up, not to a fresh morning cup of tea, but to mindless scrolling on your phones. As and when you wake up, you cloud your mind with all the things you see on social media platforms, contributing to an already existing anxiety.

That said, it is important that you focus on yourself, your mental wellness. Giving yourself some time to practice self care can be very soothing and relaxing. One must feel the joy of being awake and doing absolutely nothing. Rather than pressuring your mind to overthink, give your body and mental being a sense of serenity and peace.

Grandma's pearls of wisdoms you must know



If you don't ask, you don't get Confidence is something that develops with age, but knowing what you want and how to get it is something we can easily learn from our grans.

Looking for a pay rise, a promotion or a discount off your satellite bill? Ask for it. If you don't, you won't get it — it's that simple.

Knowing that the worst someone could say is 'no', never be afraid to ask for what you want.

Everything in moderation Older people nowadays have a longer life expectancy for a number of reasons, one of which is the belief in doing things in moderation.

Whether it's drinking, spending, eating or having too many late nights, don't overdo it and you'll be much better off — both in terms of your health and your finances. Too much of something can be bad for you, so remember those wise words the next time you think a whole weekend of partying is a good idea.

An apple a day keeps the doctor away Eating apples regularly as part of a healthy diet will increase your vitamin intake and ensure that your body gets crucial antioxidants, which can help protect you against diseases as well as look after your muscle and joint health.

So the lesson from granny is to eat fruits and vegetables for a healthier lifestyle. There's a lot more we can learn from our grandmothers, and if you are ever in a pickle or need some advice, be sure to consult your granny for the best help.

Grandma's Quick Home Remedies

Common Cold :

Warm ¼ bowl mustard oil and while it is warming add four-five cloves of chopped garlic. Once the garlic is completely burnt, cool the oil. Apply this on the nose, chest and back of kids. Cover up and let the child sleep » Boil . 1 tablespoon pepper powder in a cup of milk along with a pinch of turmeric (haldi) and give once daily for at least 3 days. Helps alleviate cold with phlegm too.

Constipation:

If the child is constipated, boil five-six currants (munakka) without seeds in milk.



Let them eat the currants and then get them to drink the milk to for relief from constipation » Boil half a . cup of water with a pinch of carom seeds. Once the colour of water changes, let it cool, strain and reserve it for use. For babies give 1 teaspoon at a time twice in a day. For older kids, twthree teaspoons twice a day can be given.

Colic:

Take half a cup of water, a pinch of fennel seeds, boil them till the water becomes half in quantity, cool and strain the water then give it to kids. One teaspoon at a time twice » If the a day baby will 's stomach give relief is from hard colic and . the baby is crying then its colic, or gas pain. Dilute a pinch of Hing (asafoetida) in lukewarm water or oil and with the help of cotton apply around the navel in circular motion. This will give immediate relief.

Why parents should NOT pressure their kids to get good grades

Education plays an important role in a person's life. Every child has the right to it and no one can deprive them of it. But when it comes to knowledge, one must not limit it to getting good grades, coming first in the class or delivering only 'As'. While parents want the best for their kids, hope that their children succeed in all walks of life, they should also know that pressuring kids to excel in academics may have a negative impact on them.

Pressure does not lead to success, but stress

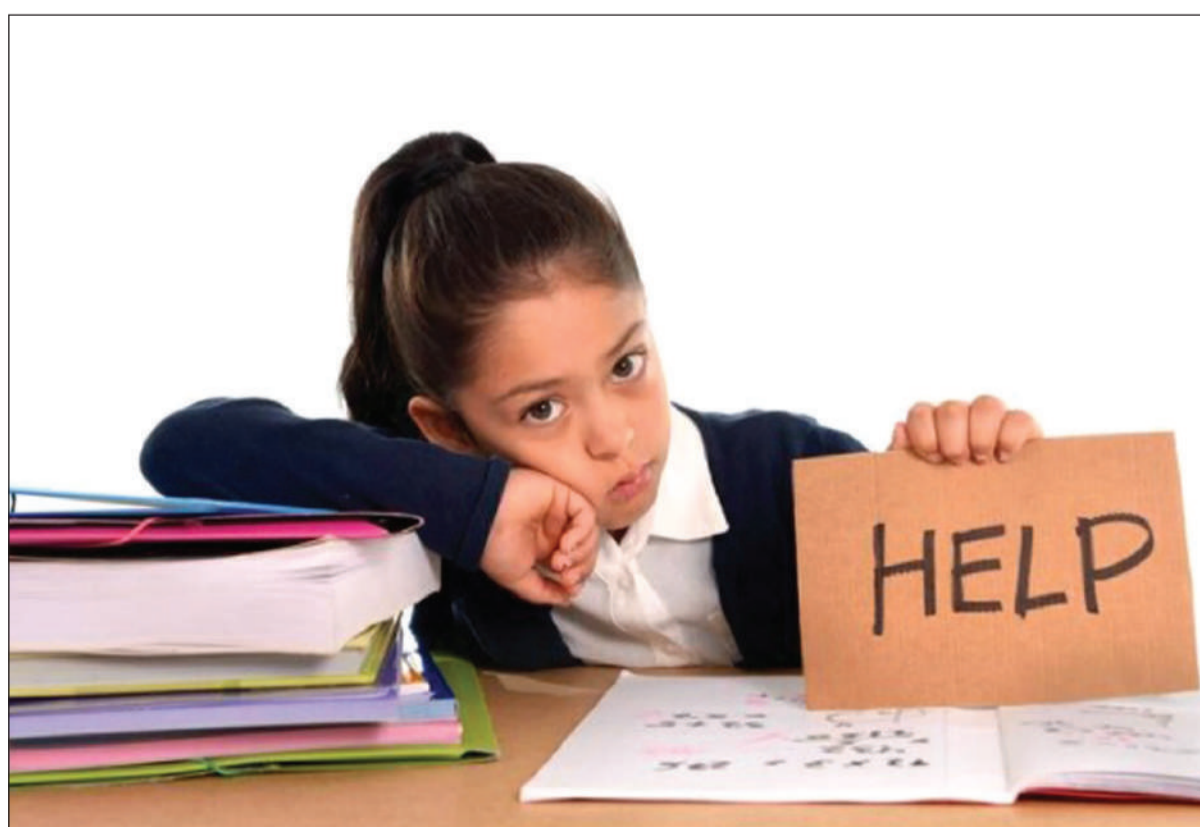
There's a fine line between helping your child gain confidence to become an achiever and pressuring them to fulfill your high expectations. If you believe demanding excellence from your child will make them efficient and hardworking, you're probably on the wrong track.

Experts believe parental pressure can often make children prone to stress and anxiety. According to a November 2016 study by researchers at Arizona State University, pressuring kids to get good grades or do extremely well in activities may affect their mental and physical health, while impairing them of values such as kindness and empathy. If parent's start valuing grades and achievements over their children's needs and wishes, this can send across the wrong message.

The need to focus of kindness and empathy

The study conducted by Arizona State University involved 506 sixth graders, who were asked to lay down the top three things that they thought their parents wanted from them. The children were given 6 options, of which the majority of the children said personal success, such as getting good grades and having a successful career later in life. The other three values were associated with kindness and decency.

The researchers then separated the children according to



their responses and compared how each group performed at school depending on their academic reports.

It was found that children who said their parents wanted them to excel in academics dealt with negative impacts of the same and showed signs of depression, anxiety, lower self-esteem, behavior problems, and lower grades, sending out a clear message how parental pressure can impact a child's mental health.

High expectations may result in increased (unproductive) competition

Although it is important to set expectations, to have a plan and to guide children to develop aims and aspirations in life, a 2015 research published by American Psychological Association (APA) revealed that setting too high expectations can be counterproductive. While parental aspirations can encourage children to indulge in healthy competition, taking things too far may affect their performance negatively.

How to help your child instead

Rather than pressuring one's child to achieve excellence, how about we let them decide on their own, be there to guide them when they need us. That said, here are some things you can do to encourage them positively.

- Hard work is important, but do not make it the only thing that matters.
- Let children make mistakes. Rather than criticizing them for it, guide them to become better.
- Winning is not everything. Let your child know that.
- Being empathetic and kind is above all.
- Let children know that getting good grades does not equate to being a good human being.