

# 6 clear signs that show you have the mind of a Yogi

There are mainly two types of people in the world - first are those who have a monkey mind, constantly jumping from one thought to the other and one end to another. They rarely have some form of peace in their life and when they finally start calming down, the moment of calm ignites another thought! And then, there are people with the mind and heart of a Yogi. They are pure, spiritual, calm and content with what they have and have achieved. The material possessions are not what they want and ultimately, they know that it is all about inner peace.

And, if you feel that you or someone around you has the mind of a Yogi, here are some signs to check.

Usually calm and composed

A person with the heart and mind of a Yogi has an aura of calmness and composure to them. Even when life hits them with the most violent storms, they don't lose their cool, instead they face that storm and tame it accordingly. Even in the face of hardships, people who have the mind of a saint or a Yogi remain steady, like a rock amidst turbulent waters. And this calm isn't just a facade but stems from a deep-rooted inner peace that they have naturally in them or have formed after years of practice.

## Detachment from anything material

For people who have the heart and mind of a Saint, the material possessions do not make much difference. These people are happy not just with king mattresses but also with sleeping on the ground. To them, a watch from the biggest brands holds the same meaning as the one that might be lying on the ground. Material possessions hold little allure for those with a yogic mindset. The pure, saintly minds do not let material desires dictate their happiness or define their worth. The real joy for them comes from experiences, connections, and inner fulfillment.

## Follow their heart

If you would have ever noticed a Yogi, you will see that they are happy with what they have, do what they please and are just so much more calm and centred than others. Well, this is probably because they follow their heart. Yogis are better at listening to the sounds of the universe and their 'atman' or inner soul, which helps them follow its guidance with trust.

They make decisions not based solely on logic or societal expectations but by align-



# 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.

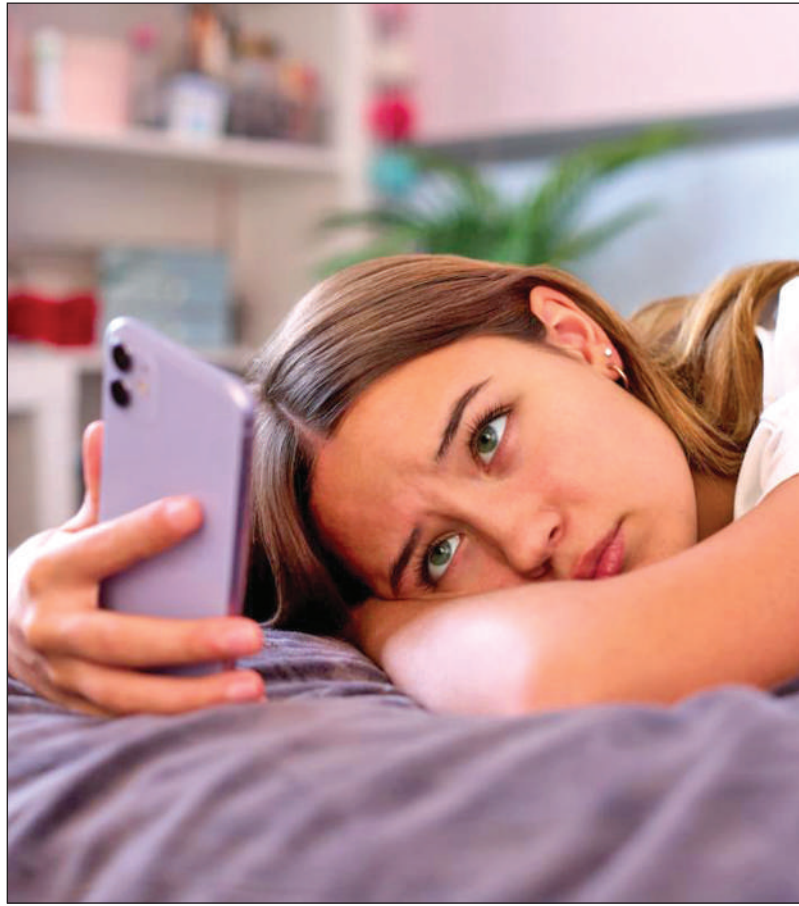
Parents, teachers, and guardians can help teens navigate these challenges by enabling their mental health and wellbeing. But rather than just focussing on their teens' minds, parents need to adopt a 360-degree approach to their children's wellness. This includes focusing on their diet, physical activity, 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 well-being:

**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 out-



bursts 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.

## Which metal water bottles are good for health?

Many of us can't step out of the house without carrying a water bottle. While this is a good habit, the main concern lies in the kind of bottle you use to carry your water. Choosing the right water bottle is essential for both hydration and health. Metal water bottles, such as those made from stainless steel or aluminum, are popular choices due to their durability, portability, and eco-friendliness. However, when it comes to health considerations, there are several factors to consider:

### Avoid carrying plastic water bottles

It is easy to buy a plastic bottle and carry it. Plastic bottles are lightweight and are hence easy to carry. They are easily available also. However, there are several potential health risks associated with drinking water from a plastic bottle. Plastic bottles can have adverse health effects due to the leaching of harmful chemicals into beverages, particularly when exposed to heat or sunlight. Bisphenol A (BPA) and phthalates, commonly found in plastic bottles, are known endocrine disruptors that may interfere with hormone function and contribute to various health issues, including reproductive disorders, obesity, and certain cancers. Additionally, chemicals leached from plastic bottles may contaminate drinking water, posing risks of ingestion.

**Metal bottles are the best options for carrying water**

After plastic bottles, the best option to carry water is metal bottles. There are several ways metal bottles are superior to plastic bottles in context of human health. Metal water bottles are known for their durability and longevity. Unlike some plastics that may contain BPA or phthalates, they do not leach harmful chemicals into the water.

These bottles are excellent at retaining temperature, keeping beverages cold or hot for extended periods. This feature is especially useful for outdoor activities, travel, or carrying beverages to work or school.

Metal water bottles are reusable and recyclable, making them an eco-friendly alternative to single-use plastic bottles. By reducing plastic waste, using metal bottles contributes to environmental conservation efforts. They are less prone to damage from drops or impacts compared to plastic bottles, making them a reliable choice for everyday use and outdoor activities. Stainless steel and aluminum water bottles are



generally easy to clean and maintain. They are dishwasher-safe and resistant to odors and stains, ensuring that your water stays fresh and clean.

Stainless steel water bottles are durable, lightweight, and resistant to corrosion. They are non-reactive, meaning they won't impart any metallic taste to beverages, and they are generally considered safe for storing both hot and cold liquids. Additionally, stainless steel is easy to clean and doesn't retain odors.

Aluminum water bottles are lightweight and affordable. They are also recyclable, making them an environmentally friendly option. However, aluminum bottles may have a lining to prevent interactions between the metal and the beverage, and some people prefer to avoid aluminum due to concerns about potential health risks associated with aluminum exposure.

Copper water bottles have been used for centuries in Ayurvedic medicine for their purported health benefits. Copper has antimicrobial properties and may help improve digestion and boost the immune system. However, copper can react with acidic beverages and may cause discoloration or impart a metallic taste. It's important to note that excessive copper intake can be harmful, so copper bottles should be used with caution.

## Few things to consider while buying a metal water bottle

Opt for metal water bottles made from high-quality, food-grade stainless steel or aluminum. Look for bottles that are labeled as BPA-free and phthalate-free to ensure they meet safety standards.

Pay attention to any coatings or linings used inside the bottle. Choose bottles with non-toxic, food-safe coatings that are designed to prevent the leaching of harmful substances into the water.

Consider whether you need insulation for temperature retention. Double-walled stainless steel bottles with vacuum insulation are excellent choices for keeping beverages cold or hot for extended periods.

Choose a bottle size and design that suits your needs and preferences. Consider factors such as capacity, mouth size (for easy drinking and cleaning), and any additional features like leak-proof lids or handles.

Proper maintenance and cleaning are essential for ensuring the longevity and safety of metal water bottles. Follow the manufacturer's instructions for cleaning and care, and regularly wash the bottle with soap and water to prevent bacteria growth.