

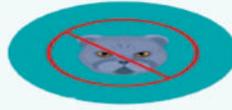
STATETIMES

SUNDAY

Your Companion for a Funday



PROTECT YOURSELF FROM COVID-19



Things that can help you keep your blood pressure in check

There are usually no signs or symptoms of hypertension, even when blood pressure is dangerously high. That's why it's critical to have your blood pressure checked by your doctor on a regular basis. After adjusting for other factors that might influence the link to high blood pressure, such as age, race, and family history of high blood pressure, here are 14 things you should do to reduce your blood pressure.

Lose weight: Regular exercise, even as simple as walking, appears to be just as effective as commonly used blood pressure medications in lowering blood pressure. Exercise strengthens the heart, allowing it to pump blood more efficiently. On most days, it's a good idea to aim for 30 minutes of cardio. Losing even a small amount of weight can help to lower blood pressure.

Meditate: Stress causes our bodies to release hormones like cortisol and adrenaline. These hormones can cause your blood pressure to rise by increasing your heart rate and constricting your blood vessels. Breathing exercises and practices like meditation, yoga, and tai chi, on the other hand, can help regulate stress hormones and blood pressure. Beginning with five minutes of calming breathing or mindfulness in the morning and five minutes at night is a good place to start.

Potassium-rich diet: Although we are all familiar with the potassium content of bananas, foods such as potatoes, spinach, and beans actually contain more potassium than fruit. Getting 2,000 to 4,000 mg of potassium a day can help lower blood pressure. The nutrient causes the kidneys to excrete more sodium in the urine. Other good sources include tomatoes, avocados, edamame, watermelon, and dried fruits.

Dark Chocolates: The sweet is high in flavonols, which relax blood vessels and increase blood flow, and studies show that eating dark chocolate on a regular basis can help lower blood pressure. Chocolate shouldn't be your primary blood pressure management strategy, but it is a healthy option when you're craving a sweet treat.

Limit your drinks: Too much alcohol is known to raise blood pressure, but a small amount may have the opposite effect. In women, light-to-moderate drinking (one drink or less per day) is linked to a lower risk of hypertension. While excessive alcohol consumption is clearly harmful, moderate alcohol consumption is beneficial to the heart. If you must drink, do so in moderation.

High intake of Coffee: Caffeine in one or two cups of coffee increases both systolic



and diastolic blood pressure for up to three hours, tightening blood vessels and amplifying the effects of stress, according to studies. When you're stressed, your heart pumps a lot more blood, which raises your blood pressure. Caffeine intensifies this effect. Decaf has the same flavour as regular coffee but without the negative effects.

Relax through music: Around 29 adults who were already taking blood pressure medication were asked to listen to soothing classical, Celtic, or Indian music for 30 minutes each day while breathing slowly. Their blood pressure had dropped significantly when they were followed up six months later. Louder, faster music is unlikely to help, but there's no harm in relaxing to a few ambient tracks.

Eat fermented food: In a short term period, eating fermented foods, particularly supplements made from fermented milk, was linked to a moderate reduction in blood pressure. It's possible that bacteria found in these foods produce chemicals that lower blood pressure when they reach the bloodstream. Other fermented foods, such as kimchi, kombucha, and sauerkraut, haven't been studied as thoroughly, but they're likely to be beneficial.

Focus on Protein: In people with hypertension, replacing refined carbohydrates (like white flour and sweets) with foods high in soy or milk protein (like tofu and low-fat dairy) can lower systolic blood pressure. Refined carbohydrates cause inflammation in some patients, which raises blood pressure.

Quit smoking: The build-up of fatty material on the walls of our arteries can be caused by smoking cigarettes. This raises blood pressure and can clog our arteries, increasing the risk of a heart attack or stroke. A reduced risk of high blood pressure is one of the many health benefits of quitting smoking.

Technology: Technology can make you sick, and talking on your phone has been shown to raise blood pressure. It turns out that when men and women with mild to moderate high blood pressure talked on their phones, their blood pressure rose to 130/81 from 120/75.

Have Proper Sleep: When you don't get enough sleep, your heart doesn't get the rest it requires, and this can affect your body's ability to regulate stress hormones, leading to high blood pressure. Blood pressure can be improved by going to bed and waking at the same time every day (including weekends), keeping the bedroom cool and dark, and avoiding stressful activities right before bed.

Eat Yogurt: Yogurt is a beneficial bacteria that help to promote the release of certain proteins linked to lower blood pressure. This is because this dairy food contains a variety of micronutrients, such as calcium, magnesium, and potassium, which are all involved in blood pressure regulation.

Increase Fibre intake: Increased intake of fruits and vegetables may provide the best means to supplement dietary fibre intake because of its potential beneficial health effects. Adding fibre to a person's diet has a healthy effect on their blood pressure as there is a small drop in both systolic and diastolic blood pressure.

Sibling Rivalry: Parenting tips to end sibling rivalry based on your child's age

Maybe you planned 2 kids so that they'll keep each other company and take care of each other. However, all they do is pull each other's hair, fight over 'who ate this or who did this', and if things are worse, might be jealous of each other. If that is correct, know that there are a number of reasons why there could be sibling rivalry in your children. Even though harmless routine fights are alright, and sometimes even serve as a bonding style; it is a point of concern if it feels more like rivalry.

Based on your children's age, there are a number of ways in which you can directly or indirectly put an end to their constant bickering and make them more comfortable and peaceful around each other. Nothing can beat a pair of siblings, if they are there for each other. We want that, right? So, let's first check out why these siblings can't get along, at least for now.

What causes rivalry between siblings

It is important to understand the underlying causes that are making your kids fight over petty issues. Competing for your attention can lead to jealousy or misunderstanding between the siblings. If they have clashing personalities then too, they may not get along. If you are biased towards one child (due to any reason such as their gender, behaviour etc.) then the feeling of inequality can ignite a fight between them. Different ages, different needs and lack of personal space can also be some of the reasons that can spark this rivalry. Once you know what is the real issue behind their petty issues, try using these tips to end the rivalry, based on their age.

For preschoolers (3-5 years old)

If the elder sibling is a preschooler when you welcome your second baby, know that your first child is still very young and still needs a lot of your attention. This is why it is ideal to have at least three years of age gap between the two children. Ignoring the older one's needs can turn them aggressive towards the new sibling.

For primary schoolers (4-11 years old)

Do give both of them your equal attention; be fair and firm with both. Remember not to make comparisons between siblings. Parents often end up doing it, especially if they are scolding a child about not studying or bad behaviour. Instead of setting any ideal example, com-



parisons only discourage the child further and can also promote feelings of jealousy and rivalry. Also, when confronting or scolding a child, you should pay attention to what impression it creates for the other child. In such situations, it may not be ideal for you, but if your kids are united, it's a positive sign for the long run, as long as their mischiefs or pranks are harmless.

For pre-teens (9 to 12 years old)

At this age, children are developing their own routine with activities of their interests. Still clashes are common, such as who gets the TV remote at the prime time. Now the TV remote fight is present in every household, what matters is how they deal with it.

Now that they are growing up, this age is perfect to teach them to resolve fights. However, you may need to monitor how they actually go about it.

Resolving disagreements by themselves teaches children essential life skills and will increase their understanding of each other. Encourage them to understand each other's point of view, but make sure that both kids learn to compromise and reach a mutual understanding.

For teenagers (13 to 19 years old)

The younger one might intrude into his sibling's personal space, and the older one may not like it. It is important that they share personal details with each other by themselves. You can only give them an environment for bonding. Whether to become bffs or not, is their choice. If fights emerge due to this, you have to make them understand how to balance privacy with the relationship they share.

It is advised to slowly step back from their fights, as they are growing up, and should learn to handle these conflicts by themselves. However, age brings with it new challenges, so it is advisable to intrude if lines get crossed. Ensure your kids do not hit each other and teach them to use their words instead. Giving them time off each other may also help them to cool down and befriend each other once again. Sibling rivalry is sort of inevitable. It will arise at one stage or another. What is important is that it is timely controlled and does not lead to any long-term negative impacts in the siblings' relationship.

Most dangerous thing about each zodiac sign

Each one of us has some downside. Sometimes we can battle it but there are few traits that should be dealt with, very carefully. Here is a dangerous trait each of the zodiac signs which have been observed often. Scroll down to know what your partner or friend's dangerous side can be.

Aries

The anger of an Aries is the worst thing that people around them need to be careful of. They have unexpected outbursts which hurt people around them and sometimes they are so impulsive though they regret their actions later.

Taurus

Their stubbornness can be a major hurdle for them. This can land them into arguments and fights. They also have a very dominant personality and they can do anything to get their own way.

Gemini

Gemini folks are not great with keeping things together. They are so disorganized and unreliable that it can ruin their relationships. People cannot depend on a Gemini in most cases.

Cancer

A Cancerian's mood swings can prove to be very dangerous. If they get mad at you, they will overreact and hit you below the belt with their venomous words. If they get to know that you have dissed them or disrespected them, you will be out of their lives as if you were never there.

Leo

They can sometimes stoop very low. They can be in a relationship even if they don't like you, just because they will benefit from you someday. They are insecure and needy which they try not to show but their attention seeking skills say it all.



Virgo

Their mastermind mentality can be very scary at times. So much so that if they ever want to commit a crime, it will probably be a perfect one.

Libra

Librans hold onto their emotions for so long that when they snap, it is a flood gate or a ball of fire. They have scary emotional meltdowns where they can say things you never thought they could, ever!

Scorpio

Never do a Scorpio any wrong because their need for revenge is dangerous. They can destroy you if they set their mind to it. They will wait for that moment and then you won't know what hit you.

Sagittarius

They don't need a knife to cut you open. Their words can be so harsh and blunt that they do not realize how damaging that can be for the person in front of you.

Capricorn

They are stingy and cold at times and their lack of sympathy can prove to be very dangerous. Never ask a Capricorn for a loan because their lecture will make you hate yourself for asking them in the first place.

Aquarius

This zodiac sign can miss out on the bigger picture and that can be dangerous for them. They want instant results and they take decisions without considering their consequences on a long-term basis.

Pisces

Pisces have a very dark problem and that is addiction. Be it alcohol, drugs, gambling, painkillers or food, if they accidentally like something, will dive deep into it.