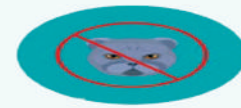
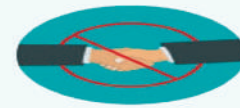


# SUNDAY

Your Companion for a Funday



PROTECT YOURSELF FROM COVID-19



## Mental wellness practices for weathering in the Covid-19 storm

Maintaining a healthy sleep pattern is sacred. Sleeping is one of the essential bodily functions that allow us to operate at optimal levels and rid our body of mental as well as physical exertion. This is why you need to maintain a consistent sleeping pattern and engage in practices such as avoiding screen-time before bed and cutting back on caffeine as well as sugar. These habits can create a peaceful environment that aids in sleep.

**Yoga and meditation:** The pillars to mindful spiritual growth. Yoga and meditation are known to calm your mind, help you feel more connected and centred, and enables you to have greater clarity, mentally. The science of yoga claims that using the right breathing technique and an integrative asana flow can reduce depression and anxiety. Additionally, both these practices can quiet down the nervous system and help tackle stress better.

**The link between social media and emotional detox**  
The importance of 'disconnecting' from the virtual world from time-to-time cannot be emphasized enough. Get started by consciously assigning yourself a given amount of time (think: 24/48 hours for starters) and log out of all social media platforms. You'll be able to find more time to engage in activities and hobbies that you genuinely enjoy, such as working out, cooking, painting, and the like. Before long, you'll realize that staying off social media leads to a sense of calm, peace, and productivity. A digital detox can help boost your attention span, productivity, and energy levels. Maintaining healthy and safe internet browsing habits

Tying back to the point above, it is critical that you maintain a 'healthy' browsing habit - during the pandemic and even in the post-COVID era. That said, it helps to intentionally take in facts only from trusted sources such as the World Health Organization and your national authority. While facts may minimize fear, you must engage in the following four healthy inter-



net practices that are essential for mental well-being:

- Refrain from reading headlines mindlessly and be intentional about what you're reading.
- Avoid sharing posts and forwards without checking its authenticity.
- Make sure to in touch with your loved ones on social media and online platforms, albeit in a careful manner.

• Seek practical and credible data at specific times of the day. Boosting immunity and eating food that contributes to brain health

As per research, people with mental disorders may be susceptible to inflammations in the body and a compromised immune system. That's probably why immunity-boosting foods and tips

are gaining traction now. Given below are some tried-and-tested completely natural best-practices you can try to boost your mental health as well as your immunity:

- Getting 7-8 hours of sleep.
- Eating more plant-based foods such as fruits, vegetables, nuts, seeds, and legumes which are rich in nutrients, vitamin C, and antioxidants.
- Consuming healthy fats such as omega-3s which are anti-inflammatory.
- Taking care of your gut health by consuming fermented foods and probiotics.
- Exercising regularly and often meditating to manage stress levels.
- Taking supplements to strengthen the immune system, such as vitamin C, vitamin D, zinc, garlic, echinacea, elderberry, etc.

Given the current state of affairs, we shift from positivity to morbidity rapidly. Only focusing on bodily issues will not help you get complete peace. Maintaining mental health and tackling it from the source can help you nourish the mind, body, and soul - all at once.

## Yoga asanas that improve your bone health and reduce the risk of osteoporosis

Yoga has been practised around the globe from several years and its popularity is growing considerably owing to its amazing health benefits. From migraine to heart issues, yoga can help to ease symptoms of all kinds of diseases. There is another reason to add yoga in your daily routine and that is to improve your bone health. Practising yoga every day can help to strengthen the bones and reduce the risk of osteoporosis. Even science backs the claim that practising yoga every day can help to prevent fractures and reduce the risk of osteoporosis. Bone problems become more prominent in older age. So, it is crucial to take measures from now and avoid any kind of complications later. Here are 5 yoga poses that can help to improve your bone health.

**Virabhadrasana 2 or Warrior 2**  
Step 1: Stand on the ground with your feet hip-width apart and your arms by your sides.

Step 2: Exhale and take a big step to your left (2 to 3 feet away from your right foot).

Step 3: Now turn your left toes outwards and bend your knees at a 90-degree angle.

Step 4: Turn your right feet inwards by about 15 degrees. The heel of your right foot should be aligned to the centre of the left foot.

Step 5: Lift both your arms sideways. Bring it at the level of your shoulders. Your palms should face upwards. Take a few deep breaths in this position.

Step 6: Turn your head to your left and gently push your pelvis down as much as you can. Pause for a few seconds and then come back to the starting position. Repeat the same on the other side.

**Vrikasana or Tree Pose**  
Step 1: Stand straight on the mat in a relaxed pose. Your feet should be close to each other.

Step 2: Bend your right knee and place the sole of your right feet on your left thigh.

Step 3: Slowly exhale and inhale while trying to balance your body in this position.



Step 4: Raise your hands and bring them over your head. Join both the palms together in Namaste mudra.

Step 5: Hold this pose 5-10 second and while doing so breathe in and breathe out.

Step 6: Then gently lower your hands and put your leg back to the ground. Repeat the same with the other leg.

**Bridge Pose or Setu Bandha Sarvangasana**

Step 1: Lie down on your back with your knees bent and feet flat on the ground. Your legs should be slightly apart from each other and arms resting by your side.

Step 2: Press the feet into the floor; inhale and gently lift your hips up rolling the spine off the floor.

Step 4: Press your arms and shoulders on the ground to lift your chest.

Step 5: Engage your legs and butt muscles to lift your hips higher. Hold this position for 4-8 breaths and then return to the normal position.

**Corpse Pose or Savasana**  
Step 1: Lie down comfortably on your back with your hands and legs completely stretched out.

Step 2: Close your eyes and try to relax your mind and body.

Step 3: Inhale slowly through your nostrils and draw attention to every part of your body starting from your toes.

Step 4: Exhale and think that your body is relaxed. Stay in this pose for 10 minutes and then come back to normal pose.

**Phalakasana or Plank pose**

Step 1: Lie down flat on your stomach on the mat. Inhale and slowly lift your body to come to the plank pose by straightening your hands and at the same time tuck your toes under.

Step 2: Your arms should be perpendicular to the floor and shoulders directly over the wrists.

Step 2: Your body should be in a straight line from head to heels.

Step 3: Pause for a few seconds in this position and take deep breaths. Slowly come back to the normal position.

## Tips to deal with a teenager who talks back



Teenage years are an equally sensitive time for both the kids and the parents. The kids are neither children nor adults. They take their own time figuring out things and might turn rebellious with age. This habit can lead to endless arguments and back talk with parents. If you are a parent of a teenager and want to smartly deal with his habit, then this article is perfect for you.

**Stay calm**  
The first thing you need to keep in mind at all times is to stay calm. If both parties start arguing, then it will surely lead to a heated conversation. Yelling and scolding might just aggravate the situation even further. Keep a check on your temper and always deal with teenagers calmly.

**Sit down to solve the issue**  
Instead of arguing back with teens, you must always choose the route of talking it out with them. Make them sit down and try to understand the root cause of their behaviour.

**Have conversations**

Talk to your child about his day or what all problems he is facing. At times, teens don't have a channel to vent out their frustration, which builds up over time. Give your teen the much-needed pep talk, which will help him confide in you when you are feeling low.

**Set some basic rules**  
Old-school parenting rules can never go out of fashion. Make sure you always have some basic rules in place. Be it zero tolerance for disrespect or yelling at the parents, your teen must know what is his or her limit.

**Don't give in**



Don't give in to your teen's demands easily. Stick to the basic rules set out for them at all times. Even if your kid blackmails or labels you as the worst parents in the world, ensure that you deal with the issue judiciously.

**Warning system**  
While you must spare the rod at all times, reprimanding your kid for mistakes is important. Make sure that he doesn't take your scoldings lightly and always warn

him about the consequences of his actions. He should not be afraid of you but at the same time, he needs to be aware about the repercussions of talking back.

**Don't snoop**  
Usually over protective and snoopy parents can irritate the teens. Give them their privacy, while ensuring that they are safe. Every parent has a natural concern for their kids but going overboard can make them feel annoyed over time.

**Inculcate respectful behaviour**  
Try to inculcate respectful behaviour in your kids from the very beginning. Make them learn about the importance of being a respectful person and how it can help them as they grow. Let them know that this is a life skill and that they can only seek respect, if they give respect to others.

**Teach with examples**  
Give frequent examples to your kids, be it through motivational videos, messages, images or stories. This will keep reminding them about the importance of being humble and respectful.

**Self introspection**  
Always self introspect after any such episode of back talk. See your own behaviour pattern. Usually kids imitate what they see and observe. Make sure you set the right example for your kids to learn and follow as they grow up.

