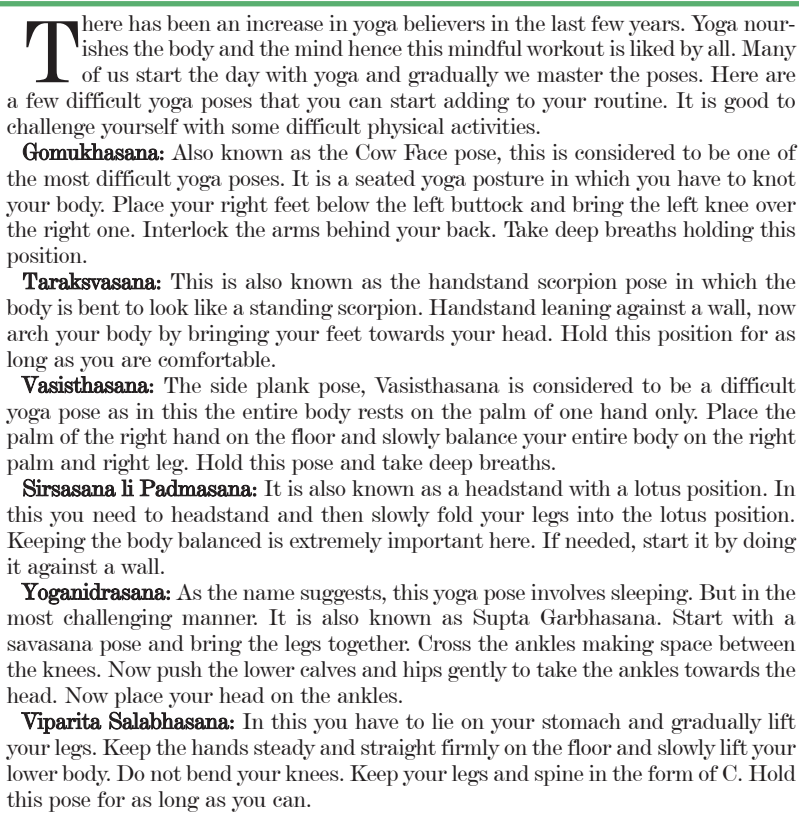




These are the most difficult yoga poses; challenge yourself by doing them?



Five interior design ideas to improve your mental health

Nothing is more valuable than your mental health; life today can be stressful. A high-stress job, a lack of "me time," and feelings of isolation or loneliness can all impact your well-being. In reality, many factors contribute, so discovering new methods to boost mental health wherever possible is extremely important. Our house is supposed to be a haven from the outside world, where we can unwind and let our worries fade away.

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Let the Light Shine In

Since we're on the theme of nature, you may need to realize that sun daylight is one of our best friends. Daylight makes a space feel less restricted and strengthens our overall mood. This is because sunlight is thought to boost the amount of serotonin released by your body, making you feel calm and focused. To improve your mental health, incorporate as much natural light as possible when designing a home. This could entail installing massive windows, extra lamps, lighting or skylights, and positioning furniture in areas where it will receive the most light.

Opt for Richness through Art

The sight of blank walls can be saddening. If your walls feel bare, consider purchasing a few frames, murals, or decor that will brighten your day. Because art is subjective, find a style that speaks to your personality and fills you with joy. Consider adding other decorative items.

On an empty hall table, place a small sculpture. Decorate your bathroom vanity with lovely drawers. Put a beautiful vase between the books on your bookshelf. To bring you joy, art does not have to be large or expensive. Find stuff that speaks to you and reflects how you want to live and feel in your home.

Go Green with Nature Elements

Plants can completely change the mood of a room, transforming it from grey and lifeless to dreamy and inviting. They improve the environment, reduce anxiety and stress, and can generally boost your mood. Plants add color, interest, and elegance



and are surprisingly simple to integrate by hanging planters or a kitchen vegetable garden. The effect of biophilic design on our emotions and well-being is well known. Many studies have shown that biophilic interior design can even improve our cognitive abilities, which is why it is popular in office spaces too.

Lean on to Color Palette

Color is one of the essential aspects of any design, especially when it comes to interior design and mental well-being. The ancient Egyptians examined the impact of hues on mood, and there's no doubt that the colors we choose can influence a person's state of mind and overall personality. A simple change in walls and ceiling colors can turn a bright, open space into a dramatic, moody cocoon.

Graphic designers and marketing professionals also use colors to attract customers, the same as interior designers; Color has the same effect on mood, stress, and well-being.

When it comes to colors that promote good mental health, cool, calming colors are your best bet.

Add a Touch of Luxury to Your Charm

Everyone desires to live in a beautiful home with exquisite decor. The mood of your residents can be affected by old furniture that lacks aesthetics, comfort, and quality. If they don't like the interior, they'll never be truly happy at home because they'll be preoccupied with how much they want to change.

People frequently make the mistake of associating luxury with an expensive price tag. Buy luxury that is affordable but will make you cherish it at the same time.

Final Thoughts

Creating a space you love is one of the most positive points you can do to work on improving your mental health through interior design. Consider your home an extension of yourself, and make design choices that bring you joy.

If your walls look bare and home empty, consider investing in artwork that motivates you and raises your spirits. Alternatively, hang photos of family and friends in the places where you spend the most time, and add furniture and furnishing items.

How to nurture healthy eating patterns in kids from a young age?

Healthy eating can start early. We live in a busy, frenetic world, where the pressures on our little ones are also rising – including their physical and mental health. By the time, as adults, we try to fix our diets, fight cravings and lifestyle diseases, reversing habits can become challenging.

If instead, we are able to inculcate mindful eating and healthy ways of life in our children from a young age, it stays with them for life and creates a foundation for a balanced, resilient life they can enjoy to the fullest. Through our own journey as parents, we've been deeply concerned about the lasting impact that the food we are giving our little ones will have on their lives.

So, what is the best way to raise kids who are conscious eaters?

Sheela Krishnaswamy, dietitian, nutrition and wellness consultant, Slurrp farm and Mille poken about the importance of creating an “enabling environment” early on, which children need to begin to enjoy and understand the benefits of eating healthy. She says: “setting an example, eating healthy ourselves, and keeping nutritious foods at home, are some of the ways we can do this”.

When it comes to what we can do to influence our children's inclination towards high salt, or sugary foods, she suggests "preparing meals with low sugar and using a natural sugar alternative like jaggery, or even honey", to help younger children get a balanced start. "Sweets also don't have to be an everyday thing - we didn't get desserts everyday! They can be for special occasions; sweets are meant to be a treat, once in a while!"

As our own children grow, we've had to find inventive ways to introduce them to food that's good for them, and to make it fun. And the ingeniousness with which parents have made food healthy over generations is always inspiring to us! Here are some of our favourite hacks to get our little ones started early on eating healthy.

Take them shopping! Nutritionist Kavita Devgan has aptly described this as an unstructured activity” that helps stay fit and healthy - where we can do something active, fun and informative with our kids. A grocery store is often a great classroom where children can learn about food, make choices about what they eat, and feel they have a role to play in choosing what’s for dinner. As they get older, invol-



ing kids in prep time for meals, and aspects of cooking which are safe is also a good way to spark their natural curiosity and creativity.

Make superfoods fun

Millets have always been our mantra. For the last 7 years, we've worked hard to develop food made with millets that children love, and that are good for them - from dosas, and pancakes, to cereals and snacks. Millets, which offer a gamut of nutrients - from iron, to calcium and magnesium and more- fibre and complex carbohydrates, should be firmly on the wholegrain spectrum. An important part of a balanced diet, Millets are best introduced to children through their favourite foods and snacks.

Plant a (kitchen) garden

This is easier than it sounds. We've heard of all kinds - from the occasional potted herbs in the kitchen or balcony, to entire vegetable gardens on the roof in the middle of sprawling urban jungles. Schools play an important role here - and many have started experiential nutrition education. There are also a growing number of gardening and farming activities being offered for kids - explore what's being organised near you!

Say 'Yes!' to the goodness in food

These days even kids know about cheat days. We've all heard of 'food shaming' -instead of fear-based restrictions we've tried to find more ways to say "YES" to the goodness in healthy food. It's part of our mission to make food that is both delicious and good for children - so that moms can say "yes!" more to their children and give them the foods they love without the associations we're all used to of guilt, restrictions and bribes to do, and eat, the right things!

Make time

We all want to be the best parent we can be. It's not easy. Creating healthy environments and activities for our kids, needs an investment of time that not all of us can always afford. Making time for family meals, or to have conversations with our kids about food is something we've learnt makes all the difference. Making time for ourselves is essential – so that we can set an example for our little ones by eating right and living balanced lives as their parents.