

Love your job?

You may enjoy working days more than weekends, says study

DO YOU LOVE your job and find your boss friendly too? Chances are you may actually be hating the weekend time with family or friends.

Simply put, if you enjoy working at office during week days, you may actually be missing your office so much that weekends may not look that promising to you, revealed the new study by the US National Bureau of Economic Research (NBER).

To reach this conclusion, researchers looked at Gallup/Healthways US Daily Poll surveys over the last four years.

The surveys analysed responses from 1.77 million respondents to see how emotions changed during the week for both full-time and part-time workers, *Fortune* magazine reported.

The team found that “the weekend effect” was much smaller for those “with good workplace social contexts, as indicated by high workplace trust and partner-like boss.”

“The whole idea of people liking weekends better than



weekdays because work is hell. That is not necessarily the case,” lead researcher John Helliwell from the Canadian Institute for Advanced Research was quoted as saying.

It means that people who like their bosses and their work environment get as much pleasure from weekdays as they do from weekends.

“The workplace social

environment and social time together almost completely account for the weekend effects for happiness, laughter, enjoyment and sadness,” the report noted. *IANS*

Take your time eating



Eat slowly to feel fuller, says study

GO SLOW WHILE eating your food as people who eat slowly feel fuller and think they have eaten more than those who eat quickly, shows research.

Previous studies have found that slow eaters have lower Body Mass Index (BMIs) than those who gobble down their morsels. But the reasons were not well understood.

To investigate whether how quickly we eat influences how hungry we feel afterwards, researchers from the University of Bristol fed volunteers Sainsbury’s tomato soup through a tube into their mouths, *Daily Mail* reported.

This set-up prevented the researchers from judging visually how much soup had been eaten. The participants then had 400 ml of soup put into their mouths at two rates. One was at a fast rate of 11.8 ml for two seconds, followed by a four second pause.

The other, the slow rate, was 5.4 ml of soup for one second followed by a 10-second pause. The volunteers were then asked how full they felt at the end of the meal and two hours after.

Those who took the soup more slowly said they felt fuller than the fast eaters both immediately after the test and two hours later. *IANS*

ALIGN YOUR LIFE

The Effects of Water

I know clients who are obsessed with living by the beach or near a water body. The common misconception is that if you live next to water, you prosper and your wealth doubles! While I would like to believe this theory, it is simply not true.

The Flying Star School of Feng Shui analyses the energy within and outside the property with the help of a compass or lo pan. The directions and year of construction of the property give us more information on the kind of energy present in and around the property. Feng Shui looks at two types of energies within a property. One is water/moving energy or water star. The other is static energy or mountain star.

The basic principle of the Flying Star School of Feng Shui is that the water energy or water star needs to be activated with the help of either water, sound, lights or any kind of movement. This is the area in which you can display a water body or an aquarium. To strengthen this energy further, it is ideal to have an external water body such as ocean or a pond in that area. By activating this energy within your home and supporting element outside your home, it will help in strengthening the water star, which in turn brings in abundance and opportunities.

On the other hand, a mountain star or static energy within the property needs to be a quiet room or store-room. There should be no water bodies, or moving objects in this area. This area is responsible for stability and relationships. Therefore all activities need to be quiet and it is advisable to sleep in this area. However outside your home in the mountain star location if you have a water body, it affects your relationship. Ideally there should be a tall tree or another building. But sometimes that’s not the case and this external feature will affect the peace and quiet in the house. Therefore it is advisable to assess the water and mountain star within a property and then rent or buy your home. Having water all around might not be a great idea after all.

Shivani Adalja is a Dubai-based wellbeing expert. She runs the Alignment Institute which offers effective solutions that focus on stress management and overall wellbeing. Email align@shivaniadalja.com

