

Happy on the job

Tips to de-stress at your work place

WITH A DEMANDING boss, a long list of to-dos, and negative environment, one tends to get stressed in office. Now you can beat the stress with these innovative ideas.

Huffingtonpost.com shares a list of ways to de-stress in office:

• **Take a two-minute mini vacation:** Choose one of your favourite vacation memories and re-live it without spending on the airfare. All of us have memories from our favourite places. You can re-live the best moment of your life to feel like you did when you were there. It helps you recognise you have a choice in how you feel in a stressful moment.

• **Download a de-stressing app:** Your smartphone might be partly to blame for the stress you're feeling (non-stop emails), but it's also a great resource for de-stressing tools so try a couple of de-stressing apps.

• **Keep essential oils at your desk:** A whiff or two could actually help you relax.



Try hand-writing your to-do list to keep stress at bay

Aromatherapy has been shown to decrease stress levels, so shop around for a scent you fancy and get sniffing.

• **Hand-write your to-do list:** Think of your handwritten to-do list as a sacred document. You'll know exactly where to

find it when you need to refer back to it since it won't be lost among the many open tabs of your browser. Also, the act of physically writing down your tasks may help you organise your thoughts and remember them more clearly which, in

turn, will help you to be more focused and less stressed.

• **Snack on an orange:** A 2002 study found that a dose of vitamin C helped people bounce back more easily from a stressful situation. IANS



Choose life

Fruit, veggies lower mortality risk

ADD A SUBSTANTIAL amount of fruits and vegetables in your diet - at least five portions - and live your life disease free. According to a new study, higher consumption of fruits and vegetables is associated with a lower risk of mortality from all causes, particularly from cardiovascular diseases. "The results support current recommendations to increase consumption of fruits and vegetables to promote health and longevity," researchers added.

To get this figure, the team from China and the US analysed results of 16 studies involving 833,234 participants and 56,423 deaths. Higher consumption of fruit and vegetables was significantly

associated with a lower risk of death from all causes.

"Average risk of death from all causes was reduced by five per cent for each additional daily serving of fruit and vegetables, while risk of cardiovascular death was reduced by four per cent for each additional daily serving of fruit and vegetables," the study noted. These results conflict with a recent study published in the *Journal of Epidemiology and Community Health*, suggesting that seven or more daily portions of fruits and vegetables were linked to lowest risk of death. New research identified a threshold of around five servings per day, after which the risk of death did not reduce further. IANS

ALIGN YOUR LIFE

Form School Feng Shui

Many different Feng Shui schools are practised around the world. One needs to study and practise regularly to master these schools. Two schools of Feng Shui are effective, while the rest are simply based on superstition. The most widely practised and effective schools are form school and compass school. Within compass school there are many different approaches. However Flying Star school of Feng Shui is extremely useful and effective.

Form school Feng Shui on the other hand refers to the shapes in your surroundings and how they impact your living environment. This school was the original school of Feng Shui and was invented more than six thousand years ago. The main aim of the school was to choose an auspicious burial spot or to build a palace for the royal family. It was believed that if the ancestors were buried in a good place, the generations to follow would prosper. This belief fuelled the growth of Feng Shui in China and eventually form school Feng Shui gained prominence.

The main aim of form school Feng Shui is to take into consideration shapes and objects in your immediate surroundings and harness the good energy to flow towards you. The diverse landscape of China supported the growth of form school Feng Shui. The mountain range and the lakes became synonymous with dragon and water energy. The main principle of form school is - a mountain range carries the energy forward, while an open space allows the energy to gather. The only drawback of this school is that it does not take into consideration the dimension of time. Energy changes with time and therefore form school Feng Shui is limited in its effectiveness.

Having said that, form school is still very useful in identifying the correct spot for a house, based on its surroundings. It can be used in assessing the prevalent energies in your external environment. Living in a bustling city, the landscape is very different. However certain shapes and formations of the buildings and roads can surely affect the energy pool in the city.

Tall buildings can qualify as a mountain range as they offer support for short buildings. Open spaces such as gardens or parks, open road, lakes, and playgrounds are considered to be water areas where energy gathers. Large open spaces without any structures around them are not good as the energy escapes easily.

Form school Feng Shui can help you pick an apartment or a home where the good energy gathers and you feel supported and happy.

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

