

# Forgive and forget

*Pardoning others cuts depression risk in women*

**WHILE FORGIVING OTHERS** protects women from depression, men do not derive the same benefit from being compassionate, suggests new research. The researchers found that older women who forgave others were less likely to report depressive symptoms regardless of whether they felt unforgiven by others. Older men, however, reported the highest levels of depression when they both forgave others and felt unforgiven by others. The researchers said their results may help counsellors of older adults develop gender-appropriate interventions since men and women process forgiveness differently.

Forgiving others “appears to help decrease levels of depression, particularly for women”, said study co-author Christine Proulx, associate professor at University of Mis-



souri in Columbia, US.

The researchers analysed data from the Religion, Aging, and Health Survey, a survey of more than 1,000 adults aged 67 and older. Survey participants answered questions about their religion, health and psychological well-being.

The researchers found that men and women who feel unforgiven by others are somewhat protected against

depression when they are able to forgive themselves. Yet, the researchers said they were surprised to find that forgiving oneself did not more significantly reduce levels of depression.

“Self-forgiveness did not act as the protector against depression,” Proulx said. “It is really about whether individuals can forgive other people and their willingness

to forgive others,” Proulx said.

The researchers said they studied forgiveness among an older population because of the tendency among older individuals to reflect on their lives, especially their relationships and transgressions, both as wrongdoers and as those who had experienced wrongdoing. The study appeared in the journal *Ageing & Mental Health*. IANS

## Early to bed

*Sleep at exact time daily to remain healthy*

**THE TIMING OF** your sleep is just as important as how much sleep you finally get, researchers from Washington State University have found.

Iliia Karatsoreos, assistant professor in the department of integrative physiology and neuroscience, shifted mice from their usual cycle of sleeping and waking and saw that while they got enough sleep it was of poorer quality.

The animals also had a disrupted immune response, leaving them more open to illness.

“This represents a very clear dysregulation of the sleep system. Over time, this could have serious conse-

quences for an organism’s health,” Karatsoreos said.

Most sleep research focuses on the effects of sleep deprivation or the overall amount of sleep an animal needs.

The work by Karatsoreos and his colleagues, published in the journal *Brain, Behavior and Immunity*, is a rare look into the circadian process, a brain-driven clock that controls the rhythms of various biological processes.

The cycle is found in organisms that live more than 24 hours, including plants and single-celled organisms.

The disrupted animals, researchers found, had blunted immune responses in some cases or an overactive re-



sponse in others, suggesting the altered circadian cycle made them potentially less able to fight illness and more likely to get sick.

Research into the system has significant implications for modern living. “The dis-

ruption of the circadian clock is nearly ubiquitous in our modern society due to nighttime lighting, shift work, jet lag and even the blue-tinged light emitted by cell phones and tablets,” the researchers noted. IANS

## ALIGN YOUR LIFE

*Nothing More,  
Nothing Less*

**E**ver so often people ask if Feng Shui plays a major role in selecting colours for personal clothing or furnishings. There is a common misconception that if a particular colour is used in your wardrobe, the results are likely to be positive. There are also people who follow numerology and try and live by incorporating certain numbers in their lives. Over the years this practice has sort of blended into Feng Shui and many now follow numerology while implementing Feng Shui. Then there is also a section that likes to display crystals and statues. For them Feng Shui means displaying items in various locations without understanding the logic and significance behind them. I have also come across clients who strongly believe that Feng Shui is somehow connected to religion and by implementing Feng Shui they will be meddling with their religious beliefs.

Feng Shui has nothing to do with any of the things mentioned above. It is primarily a science of energy management that helps you tap into good energy and reduce the impact of harsh energy within your environment. It is mainly focused on the interplay of five elements; namely wood, fire, earth, metal and water. One can use these colours in the décor complementing these five elements. However it is not a must. Moving around furniture within your home to help open or close areas is still more effective than use of colours for personal clothing.

Numbers are important in Feng Shui. The above-mentioned five elements are individually represented by a number. These numbers are then plotted on your house plan after detailed calculations, which are derived from the compass direction and year of construction of the building. Every number represents an element and based on the orientation of the house one needs to enhance or reduce the element. However this has nothing to do with numerology and is strictly part of Feng Shui.

Displaying certain items is part of Feng Shui cures. But these suggested items have a purpose and they are often used symbolically to reduce or enhance one of the five elements. Items such as a metal windchime, water fountain, bamboo plant are often recommended as they are easy to obtain and are useful in balancing different types of energies within a home. But not all items sold on the Internet can be used for implementing Feng Shui. Most of the items mentioned on the Internet or in various books are more of a marketing gimmick and have no real Feng Shui significance.

Last but not the not the least, Feng Shui has nothing to do with religion and continues to be the most effective ancient Chinese science of energy management – nothing more, nothing less.

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