

L LIFESTYLE

Get offline

Email addiction can cause ill-health

NOT JUST WHAT-SAPP or Facebook, even an email addiction can damage your health owing to increased stress levels, say British researchers. There is a direct link between email use and increased levels of stress as well as other health conditions such as hypertension, thyroid disease, heart failure and coronary artery disease.

The sound advice is: "Reduce the volume of irrelevant and untargeted email and cut the frequency of checking new emails."

"Multifunctional devices like Blackberrys and iPhones allow workers to be accessible 24 hours a day and because of this, it is likely that there will be an increase in stress levels," said professor Tom Jackson from Loughborough University's School of Business and Economics.

Many employees do not realise that they are stressed. During the study, users perceived themselves not to be stressed when the physiological findings showed their bodies were under increased stress.

This would indicate that

employees might find it difficult to self-regulate their use of communication media to ensure they do not become overwhelmed by stress.

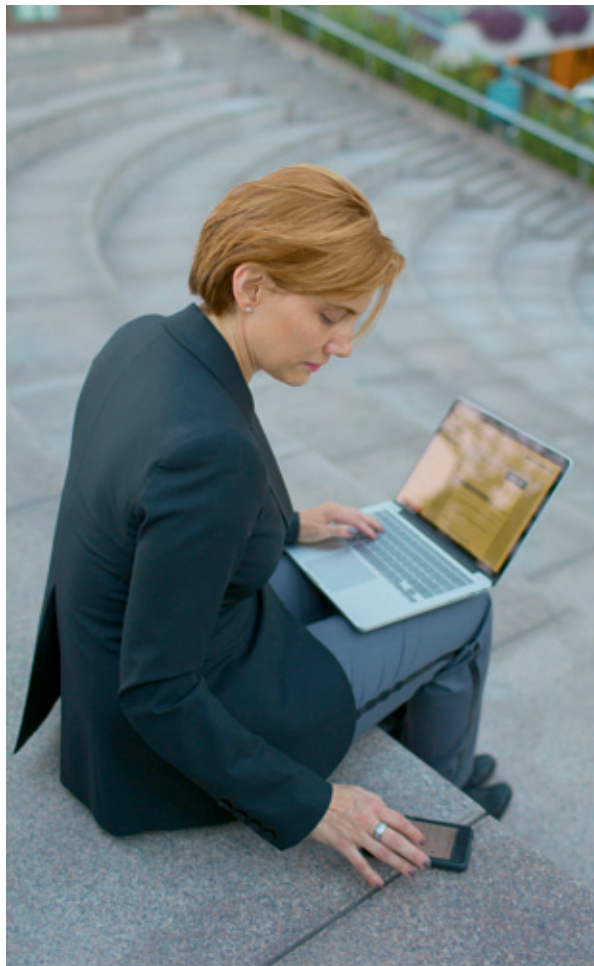
"This can lead to long-term chronic health conditions," added Jackson, also one of the Britain's top email experts, in a statement.

However, Jackson argues that email is not a bad communication tool but that poor email training and management is the problem.

Not only does this have health implications, but also a financial cost for businesses. "It is recommended that communication managers or others responsible for email policy and management examine their email policies and develop a 'snapshot' of how their employees use email," the authors wrote.

Such information will provide an organisation with a useful foundation from which to build their training to increase the effectiveness of their employees. Jackson has also developed an email training tool to help employers train their staff in the best way to use email to boost productivity and reduce stress.

IANS



Overcome jet lag

Expert offers tips on minimising effects of flying

HYDRATE YOURSELF WELL and eat light for a day or two before you take a long flight to ensure that you arrive

at your destination fabulously fresh. Author and PR guru Lady Terry Robinson aka Therese shares her top tips on

overcoming jet lag, reports femalefirst.co.uk:

- Hydrate and eat lightly for a day or two before you travel. Part of that horrible jet lagged feeling is caused by water retention from sitting down too long. Walk around the cabin every hour if possible. That way your feet won't swell and you'll still fit your clothes when you land.
- A few days before you fly, try switching your bedtime closer to your new time zone. For a long haul, take evening flights so that you can have a nap in the afternoon.
- Don't take medication to help you sleep on the plane. It may seem like a good idea, but you run the risk of

rebound insomnia the next night.

- Take a good book. Reading takes more effort than watching the in-flight movies and you'll get a better quality of sleep on board when you're more tired.
- Take advantage of the in-flight hospitality. Having said that, try to moderate the beverages. They go to your head more quickly in the air and you don't want to arrive with a hangover. Eat a full meal at the local lunch or dinnertime. Your body will adjust much more quickly. One of the worst parts of jet lag is waking up hungry in the small hours of the morning. IANS



ALIGN YOUR LIFE

Front Yard Feng Shui

Many villas in Dubai have beautiful front and backyards. Some are huge enough to accommodate many people while some are simply for show. Over the years I have been to many houses that use the front yard as a storage area or garbage bin. One of my clients Aisha had kept old bicycles, broken furniture, old shoes, discarded items, and gardening equipment in the front yard. Before entering her home, I would walk through all the junk before reaching the front door. No matter what I told her, the junk remained. But within a few years the mountain of things grew substantially and that's when the problems started. Aisha started experiencing headaches; body pain and her financial troubles grew. By then the damage had been done. This time round she was serious about implementing all Feng Shui changes. And so her journey to clear the front yard clutter began.

A front yard is the entry point into your home. The energy in this area enters your living room every time you open the door. This energy defines the mood before you enter the home. If this area is kept cluttered, it is likely to impact the energy flow. Secondly, upon conducting Feng Shui audit of the house it was discovered that the prosperity and health star for the house lay at the main entrance. Therefore health and finances were affected. Just by removing the unwanted items and opening up the area restored the much-needed balance within the house.

It is time now to look at your front yard. Get rid of the clutter and keep it open and spacious. If you must, then place your toolbox, bicycles and other needed items neatly away from the entrance door. Displaying potted plants and enhancing the area with lights is also recommended.

Balancing the energy within your front yard will help you balance the energy within your home.

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

