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LIFESTYLE



Selfie drawbacks

Too much selfie-sharing can harm real-life relationships

SHARING SELFIES TOO much on social media can lead to decreased intimacy with your near and dear ones, a study has found.

According to British researchers, people who post too many photos of themselves on social media run the risk of damaging real-life relationships.

"People, other than very close friends and relatives, do not seem to relate well to those who constantly share photos of themselves," said lead researcher David Houghton from the Birmingham Business School at the University of Birmingham.

The researchers found that an increased level of sharing photos

of the self prompted a decreased level of support - in terms of "likes" achieved - from friends and colleagues.

"It is worth remembering that the information we post to our friends on Facebook, actually gets viewed by lots of different categories of people and each group seems to take a different view of the information shared," Houghton explained.

He also found that partners in relationships feel less supported when people share more photos of friends than family.

"Young women were most likely to find support in the form of 'likes' on Facebook. Older users and men received less support when they shared online," the study noted. *IANS*

Breathe easy

THE BREATHING-BASED MEDITATION practice Sudarshan Kriya Yoga can effectively treat people suffering from post-traumatic stress disorder (PTSD), reveals a promising study.

Researchers at the centre for investigating healthy minds (CIHM) at Waisman Center of University of Wisconsin-Madison were particularly interested in Sudarshan Kriya - a practice of controlled breathing that directly affects the autonomic nervous system - and its effect on reducing stress.

The CIHM study included 21 soldiers: an active group of 11

and a control group of 10.

Those who received the one-week training in yogic breathing showed lower anxiety, reduced respiration rates and fewer PTSD symptoms.

Individuals with PTSD suffer from intrusive memories, heightened anxiety and personality changes.

The hallmark of the disorder is hyperarousal which can be defined as overreacting to innocuous stimuli.

"It may be an effective way to decrease suffering and, quite possibly, the incidence of suicide among veterans," researchers concluded. *IANS*

ALIGN YOUR LIFE

The Subtle Feng Shui

EVERY SO OFTEN I come across a client whose house resembles a Chinese Opera house. The house is opulent, and very expensive feng shui items are displayed all over. Some clients specially fly to Thailand or Hong Kong to order colourful giant size items. Frogs, laughing buddhas, turtles, wind chimes, jade trees and golden fish are ordered in customised sizes. Bright coloured paintings of fish and mountains adorn the walls. The whole house feels more like a movie set rather than a home. So is it wrong to display a variety of feng shui items? How can feng shui be effective and yet not be over the top?

To understand real feng shui, one must understand the types of feng shui schools and how different are they in their approach in balancing your living environment. Form school feng shui, eight mansions, black hat school - these are all popular in different parts of the world. However none of these schools take into consideration the dimension of time and therefore are not very effective.

On the other hand flying star school of feng shui mainly focuses on dimension of time along with interaction between elements. The main principle of flying star feng shui is to balance the environment through enhancing or reducing an element through use of other elements. There are two types of energies found within a property that forms integral part of this school - stagnant or mountain energy and moving or water energy. The main aim of flying star school of feng shui is to open or close areas within your home to enhance the energy movement. For inauspicious or outdated stars we need to close the areas or use different elements to reduce the energy of the bad stars. For the prosperous stars we need to open areas or activate them through water feature or use of other elements.

When designing a home, instead of cluttering with various items, it is highly recommended to follow the flying star school of feng shui. Some cures are as simple as closing a room or adding a water feature. This school does not advocate use of frogs or turtles, as these are items with cultural significance rather than actual feng shui cures.

Flying star school of feng shui helps in identifying stagnant and moving energy points within your home and then all you need to do is either open or close areas.

The most effective type feng shui is the type where you hardly see any colourful items, and yet feel the difference.

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