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LIFESTYLE

Do the right thing

Honesty comes only if little effort is required, shows study

WE ARE MORE likely to do the right thing in situations of moral conflict when it requires little to no effort, says a study. For example, if income information is automatically entered into our tax return, we may be less likely to alter it to something that is incorrect once it is there, the researchers explained.

"We do not think there is one solution for all situations in which you are tempted to be dishonest, but we definitely know from prior research that people tend to accept the status quo," said study co-author Nina Mazar, associate professor at Rotman School of Management, University of Toronto in Canada.

As part of their work, the researchers ran an experiment to gauge how people would behave under different choice scenarios where there was a financial gain attached to their answers. Participants cheated most when it meant passively ignoring an incorrect answer with higher financial value that had been automatically generated for them, rather than actively creating the dishonest response themselves.

However, cheating was virtually eliminated when the scenario was set up so that participants were automatically given the honest response and had to override it if they wanted to give a different answer that carried a bigger financial gain. Participants who cheated had slower reaction times than those who did not, suggesting some psychological struggle, the researchers said in an official statement. *IANS*



Stress may lead to skin problems

Study shows a relation between the two issues

PSYCHOLOGICAL STRESS IS associated with skin complaints such as itchy skin and flaky patches on the scalp among college students, warns a new study. The study aimed to assess the relationship between perceived psychological stress and the prevalence of various skin symptoms in a large sample of undergraduate students.

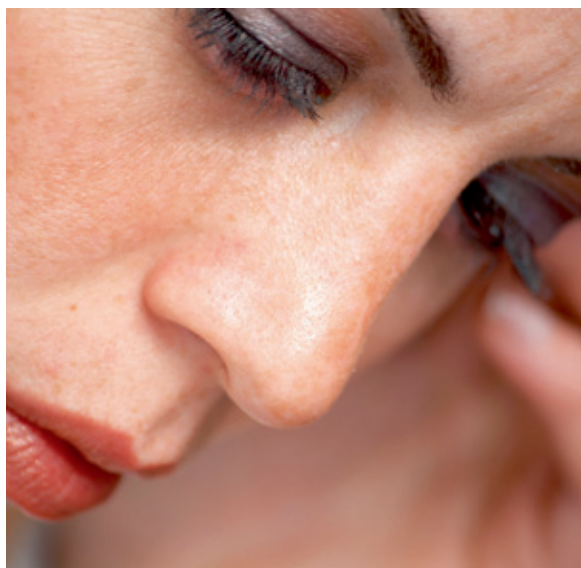
"Previous studies have demonstrated an association between stress and skin symptoms, but those studies relied on small patient samples, or focused their analyses on a single skin disease," said corresponding author of the study Gil Yosopovitch from Temple University in Philadelphia, US.

For the study, over 400 undergraduate-aged patients were divided into groupings labelled as low stress, moderate stress and high stress. The high stress group

suffered significantly more often from itchy skin, hair loss, oily, waxy or flaky patches on the scalp, troublesome sweating, scaly skin, nail biting, itchy rash on hands, and hair pulling.

"These findings further suggest that non-pharmacologic therapeutic interventions should be considered for patients presenting with both skin conditions and heightened levels of psychological stress," Yosipovitch noted. "Our findings highlight the need for health care/dermatology providers to ask these patients about their perceived levels of psychological stress. Disease flare or exacerbation while on treatment in the setting of increased stress may not necessarily reflect treatment failure," Yosipovitch noted.

The study was published in the journal *Acta Dermato-Venereologica*. *IANS*



ALIGN YOUR LIFE

The Power of Anchoring

For many their mood is connected with their surroundings. If they see sunshine, they feel happy. I am one such person who is affected by the change in weather often. I have no clue how and when this association was made. But since my childhood I somehow hate gloomy weather. It just puts me in a bad mood. If I don't see sun shining I get a sense of doom. For years I struggled with this, until I discovered a trick. Whenever I would be affected by the weather, I would close my eyes and imagine a happy time and transport myself back in those times and make that memory bigger and brighter in my mind. After a few minutes of this visualisation I would be fine for a few hours. At that time I had no idea what I was doing, but I knew I had tumbled upon something powerful.

Years later when I was studying Neuro Linguistic Programming, I learnt a technique used for dealing with fears and phobia known as anchoring. It was similar to what I had been practicing. Learning the psychological side of the technique helped me understand the human response better and create a sustainable defense mechanism against mood swings.

So what is anchoring and how can it be used in day-to-day life? NLP Anchoring uses an external stimulus like a sound, an image, a touch, smell or a taste to trigger a consistent response in you. This helps in making links and associations. When something is anchored in our subconscious mind, we react without thinking. This can be beneficial or painful. The smell of certain perfume brings back painful memories. Or visiting your grandmother taps into joyful memories of childhood and fills you with happiness. When we use NLP Anchoring, we make or break those associations knowingly using something that works best for us.

So every time you feel down or depressed due to some events, pick a happy memory or a pleasant sound or uplifting smell that can pull you out of it. The more you practice the better you will get at it. Sometimes simple techniques can help you to deal with the black clouds and lead you to that small silver lining. All you need to do is practice.

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