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LIFESTYLE

# A weighty issue

*People in desk jobs pile on the flab for sure*

**I**F YOU HAVE gained extra pounds around your waistline, do not get enough sunlight for your bones and strain your eyes in front of a computer screen, you have all reasons to complain about your desk job.

Over 50 per cent of employees who are deskbound said in a latest survey that they do not get enough physical activity. Also, staring at a computer screen for most of the day and being stuck inside are the biggest disadvantages of having a desk job.

Nearly half of employees surveyed gained weight in their current position compared to 30 per cent of workers in non-desk jobs. "Overall, 58 per cent of workers in desk jobs categorise themselves as overweight compared to 51 per cent of their peers in non-desk jobs," said the survey from a leading job portal CareerBuilder.

The study was based on a



survey of 2,095 employees who typically work behind a desk and 1,102 people who do not work behind a desk.

Additionally, 24 per cent said they do not like working at a desk because there is not enough variety in their work. While 23 per cent said there

are too many distractions like disruptions from co-workers.

There are some positive sides too. Employees who work in desk jobs reported earning higher salaries. Desk employees also have access to technology and opportunity to communicate with bosses

easily, the survey added.

For someone in a non-desk job, not being informed about new company developments, having less chance for upward mobility and fewer face-to-face interactions with company leaders and peers are the disadvantages. *IANS*

## Under pressure

*Are you suffering from 'pre-crastination', the art of finishing tasks ahead of time?*

**RESEARCH HAS FOUND** that the urge to complete a task as soon as possible, or "pre-crastination", is so strong among some people that they do not mind taking up extra physical effort or risks to do so.

"The desire to relieve stress of maintaining that information (all the things we need to do) in working memory can cause us to over-exert ourselves physically or take extra risks," said psychological scientist David Rosenbaum of Pennsylvania State University.

During the study, the researchers explored the trade-off between the weight of a load and how far people would carry it.

They conducted nine experiments each of which had the same general setup: College student participants stood at one end of an alley, along which two plastic beach buckets were stationed.

The students were instructed to walk down the alley without

stopping and to pick up one of the two buckets and drop it off at the endpoint.

Participants showed an overwhelming tendency to choose whichever bucket had the shorter approach distance, which translated to the longer carrying distance in these experiments.

When the students were asked to explain why they chose the bucket they did, they often said that they "wanted to get the task done as soon as they could."

"Our findings indicate that while our participants did care about physical effort, they also cared a lot about mental effort," Rosenbaum added. By picking up the near bucket, they could check that task off their mental to-do lists more quickly than if they picked up the far bucket, he explained.

The study appeared in the journal *Psychological Science*. *IANS*

## ALIGN YOUR LIFE

### *The Truth About Feng Shui*

**W**hen I moved to the Middle East from Hong Kong in early 2000, very few people had heard of Feng Shui. Not many knew about this ancient Chinese science of energy management, which has been in existence for thousands of years. The challenge was to convince people in the Middle East about how useful and accurate this science was, and believe me it was not easy at all. Some clients would get cold feet after our first meeting or some would not get back to me at all about their decision to implement Feng Shui. It took a long time to break through the barriers to get the right message across.

The biggest misconception about Feng Shui is that it is a religion. Unlike religious beliefs, Feng Shui does not promote worship or following a particular path. It does not conflict with the principles of any religion. In fact, all that Feng Shui does is simply focus on the energy in your living environment and bring about positive changes in your life.

Most Indian clients are always confused between Vastu and Feng Shui. Vastu is an ancient Indian science of energy management mainly focused on construction of temples and holy buildings. The drawback of this system is that it does not take into consideration the changing aspect of time and has fixed rules about entry and exit points. This is why Vastu rules are not easy to follow while purchasing or renting a residential or commercial property. Therefore one cannot accurately follow Vastu.

Another misconception that people have about Feng Shui is that it is some sort of magic and it can ward off bad luck. Contrary to this amusing belief, Feng Shui is not magic, nor can it help you cast any spells. The fact is that Feng Shui balances your environment and creates a harmonious way of life. Feng Shui in no way supports these baseless beliefs and superstitious practices. Feng Shui is also against displaying funny statues all over your home.

The main aim of Feng Shui has always been identifying, harnessing and balancing the energy within your immediate environment. Every consultation is tailor made and personalised solutions are recommended based on the individual date of birth. Feng Shui also takes into consideration energy change that happens with time and recommends ways to harness future prosperous energy.

So why not explore the exciting world of Feng Shui without fear and doubt? Instead of absorbing all the wrong information, why not find out the truth?

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