



20

WELLNESS

TIPS



Guruspeak.in
Reduce Stress, Increase Bliss

One.

Take a salt/rock salt bath

A bath in the salty sea water energizes the body, removes negative energy, increases immunity, enhances blood circulation, digestion, treats sore throats and is good for skin health.

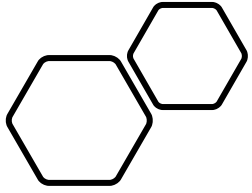




Two, Meditate

Guided meditation brings short-term stress relief as well as lasting stress management benefits.

Although you can start on your own with meditative music available on YouTube, Vimeo etc., it is best to meditate with guidance from spiritual centres like Art of Living, Global Pranic Healing and Yogoda Satsanga Society.



Three, Exercise for fitness

Free hand yoga and other exercises in the open natural environment are better than working out in an air-conditioned gym.



Four, Practice Yoga

Yoga combines physical movement, meditation, light exercise and controlled breathing. You are likely to get immediate benefits from a single yoga session.





Five, Moderate digital life

Reduce physical contact with your smartphone. Radiations from smartphone interfere with your brain waves.

Don't keep the smartphone near your pillow while sleeping. Switch your mobile internet data, Wi-Fi connection, location services off to protect your health.

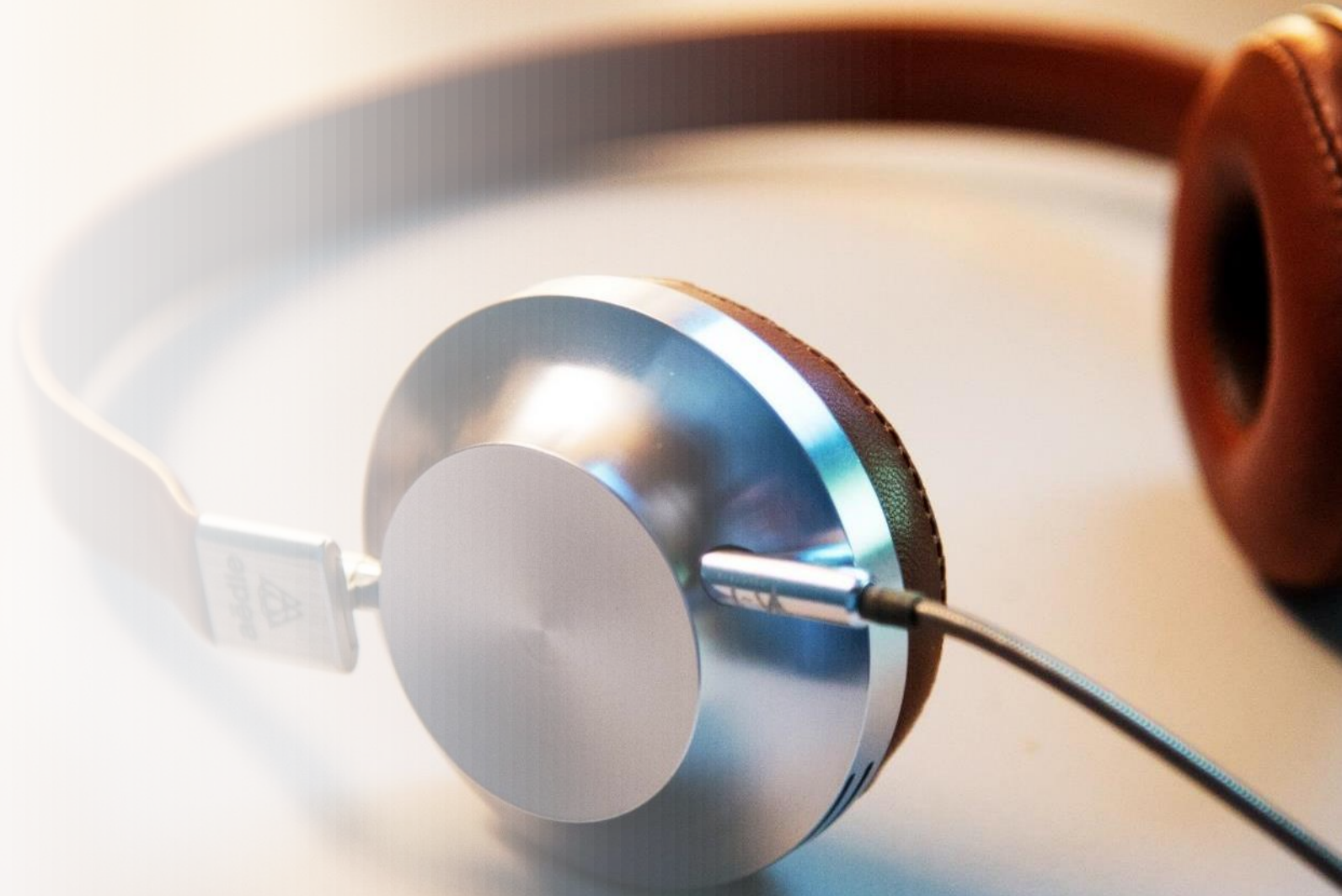


Six,
Reduce social
media presence

Social media can negatively affect teens, as well as the adults. Reduce your mobile screen time to avoid eye fatigue. Reducing WhatsApp usage can moderate irritability, anxiety and emotional imbalance.

Seven, Listen to music

If you are feeling overwhelmed by a stressful situation, take a break and listen to relaxing music. Om/Aum chant is the most powerful music created with a positive effect on the brain and the body.



Eight, Express gratitude

Gratitude helps you recognize all the things you have.

Gratitude reminds you of all of the resources you possess to counter stress, which can be empowering.





Nine, Engage with greeting

The Indian namaste is widely popular. It is courteous and minimizes physical engagement.

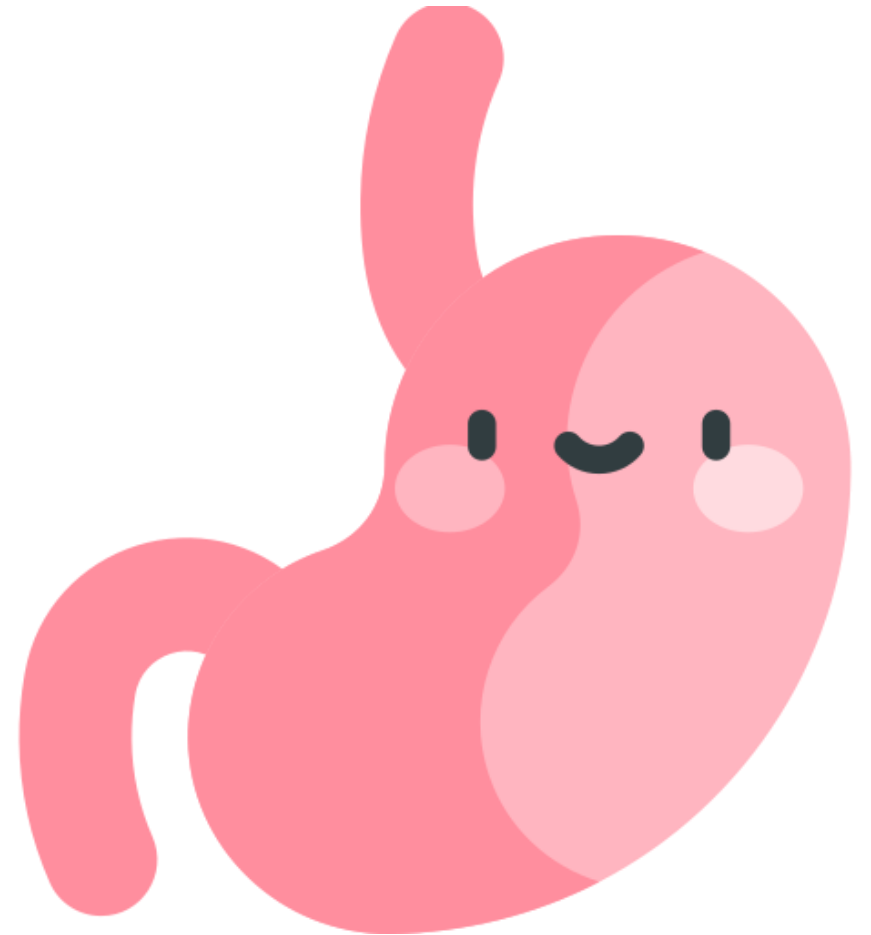
Namaste is always healthier than a handshake 😊


Ten, Use Indian toilets

A western-type toilet commode can cause physical stress. Indian toilets are more hygienic. There is no direct contact of the body with the toilet seat.

The squatting position while using Indian toilets, helps in

- Better bowel movements & prevents constipation
- Keeps your large intestine and colon healthy and
- Reduces stomach issues and diabetes.





Eleven, Rise early!

Rising early can vastly improve your health and overall lifestyle.

Sleeping early at 10 pm and waking up at 5-6 am balances your circadian and infradian rhythms, enhancing your well-being.

Twelve, Food tips

Focus on the food while eating.

Don't do anything else while having meals. This will help digest food by releasing the required enzymes and hormones.

Non-vegetarians, please reduce your weekly intake of meat, eggs and other non-vegetarian food.





Thirteen, Frugivorous

We humans are frugivorous by nature as being descent from apes. Fresh fruits, raw and properly cooked vegetables and nuts have a harmonious and strengthening effect on the mind.

Fourteen, Enjoy aromatherapy

Aromatherapy delivers real benefits for stress relief. It can help you feel energized, relaxed and more present in the moment.

Research suggests that aromatherapy can alter the brain's wave activity and decrease stress hormones.





Fifteen, Sleep better

Stress can cause one to lose sleep. Unfortunately, a lack of sleep is also a key cause of stress.

Get seven to eight hours of sleep between 10 pm to 6 am to harmonize with your rhythms. Turn any digital devices off, take a warm shower and give yourself time to relax before sleeping.



Sixteen, Avoid OTC pills

OTC pills have become standard solutions whenever you're feeling unwell, like – headache, acidity, fever, sleep disorders etc.

But keep in mind, though these pills show temporary relieves, the chemicals get spread to the entire body through the blood. And it takes a long to remove these chemicals from the body.

Seventeen, Sunlight & Fresh Air

Early morning sunlight & fresh air for around 15 to 20 minutes helps you feel energetic and positive through the day.

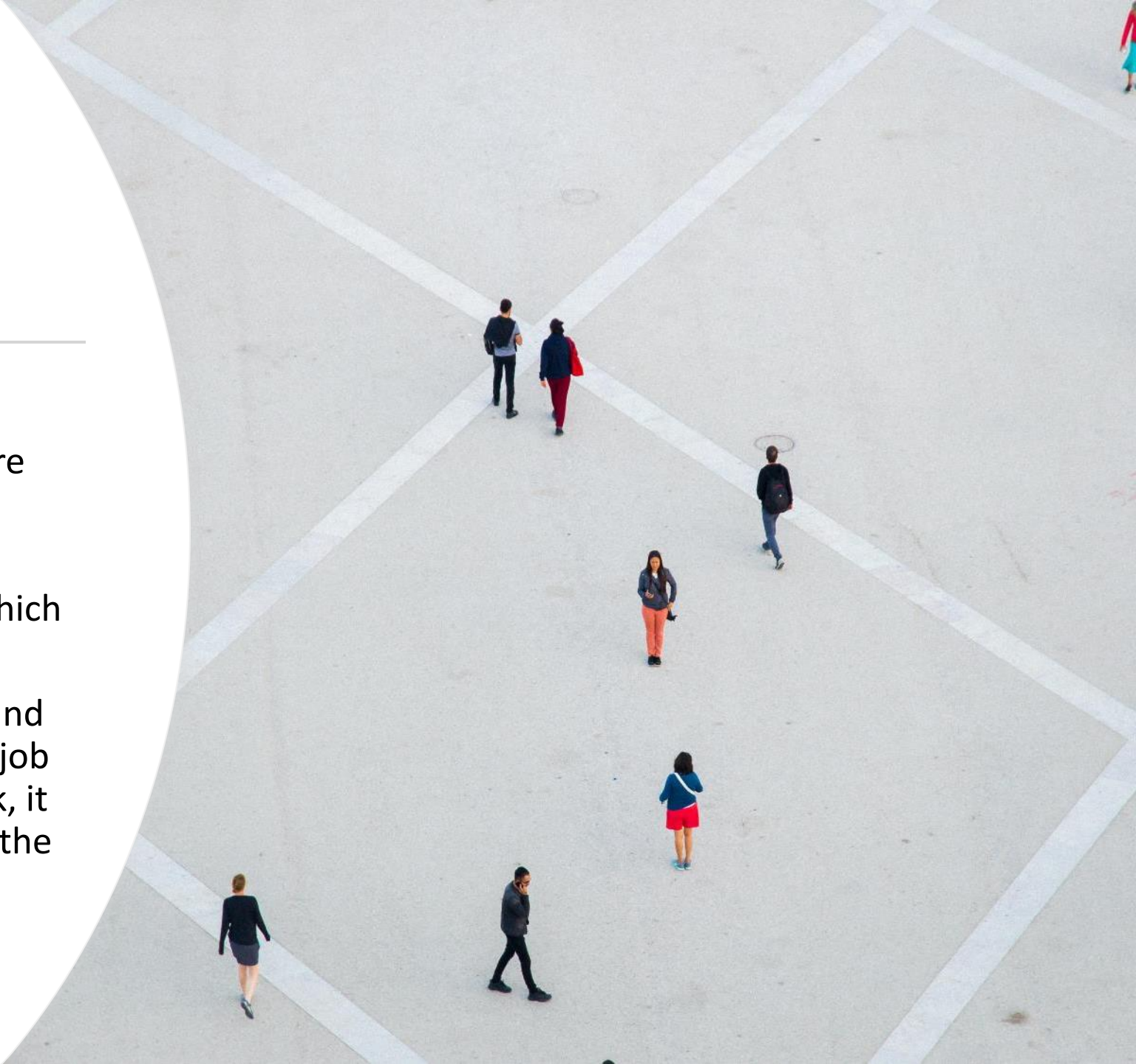


Eighteen, Take a walk

Avoid using your car, bike or any public transport each time you need to visit a store nearby.

Choose to walk and visit the place. A walk allows you to enjoy a change of scenery, which can get you into a different frame of mind.

Whether you just need to take a stroll around the office to get a break from a frustrating job on hand or you decide to go for a long walk, it is a simple but effective way to rejuvenate the mind and body.





Nineteen, Support a social cause

Volunteer your time and efforts with any NGO for a social cause. Alternatively, the act could be as simple as

- feeding stray animals and birds,
- teaching underprivileged children
- Planting a tree

Twenty, Ensure a positive environment

Your environment plays an important role in your wellness and overall mental health.

- Listen to soft and mindful music
- watching happy and informative shows
- read inspirational & self-help books,
- move to a clean and peaceful society and have a company of creative and successful people.

