



Environment



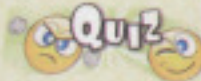
Hygiene



Health



Wild Life



Quiz

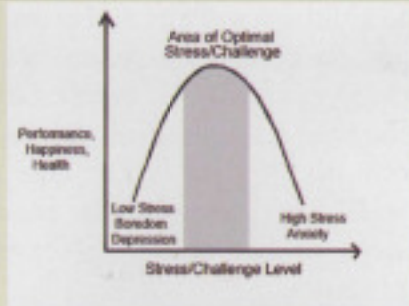


## ways to Combat Stress



Are you getting agitated at the slightest bit of provocation? Do you suffer from road rage? Is your mind in a state of chaos? If your answer to any of these questions is yes, then do not despair. Because you are not alone...

We can attribute the rise in stress levels to factors such as the rapid pace at which we live our lives. Today instances of burnout are becoming increasingly common, especially among younger professionals. An example of burnout is when a person who was previously highly committed to a job, loses all interest as well as motivation.



### Why Is Stress Harmful For You?

Stress tends to suppress the disease fighting functions of white blood cells weakening your immune system. Although stress increases the rate of your metabolism, the essential nutrients required by your body are not absorbed. As a result, your intestinal tract is often affected. In extreme cases, you could even sweat blood.



Thus, although high levels of stress may not kill you instantly, it will most likely reduce your lifespan and may prevent you from enjoying a high standard of living. So what to do about it? Here are 5 tips that you can use to reduce stress from your lifestyle and live a longer and happier life.

### Five Ideas You Can Start Using Today To Combat Stress

#### 1. Get Sufficient Sleep

Most people require anywhere from six to eight hours of sleep. But this differs from person to person. To find out how much sleep is required by your body in order to receive sufficient rest, try out this technique for a week...





Sleep without an alarm and sleep for as long as your body requires.

You could use earplugs and blinkers to ensure that you are not disturbed. In the morning, you can make a note of how many hours you were asleep. Do this activity for seven days. Take an average of the number of hours you slept on the 5th, 6th and 7th day. This is the number of hours your body requires for receiving adequate rest and for reducing stress. If you receive sufficient sleep you will feel revitalized and energetic throughout the day.

## 2. Practice Deep Breathing



Deep breathing is one of the most simple and easy techniques that can be followed for stress reduction. This activity can be performed whether you are at home, at work or traveling.

Here is a breathing technique that you can follow

1. Sit or stand with a good posture.
2. Breathe through your nose.
3. Inhale, filling first the lower part of your lungs then the middle part, then the upper part.
4. Hold your breath for a few seconds.
5. Exhale slowly. Relax your abdomen and chest.

## 3. Physical Exercises

Some people like physical activities such as trekking or hiking while others may prefer dancing or brisk walking.



The key is to choose a physical activity that you enjoy doing. Any type of exercise is good to reduce stress and it is even more effective if you exercise regularly. Stress tends to build up over a period of time and the best way to reduce is to do so gradually. So remember, the next time you feel stressed out, hit the gym or just take a walk. This is one of the basic steps of any stress reduction program.

Physical exercise has a dual benefit for your body. First of all it helps you stay in shape and thus helps you look good as well as younger. Secondly, when you perform a physical activity, your body releases endorphins. These chemical substances have no harmful side effects on your body. Instead, they make you feel good.

## 4. Maintain a Stress Free Environment



Lots of noise and clutter increases your stress levels. So a good way to reduce stress is to ensure that your work place as well as your home is free of loud noises and

clutter. You can start off by getting rid of unwanted documents, papers and other litter that occupy your desk.

You can also ensure that you are prepared for work the previous night itself by keeping essential items like your house and car keys, wallet and vital documents at a particular place. A little bit of discipline and organization on a regular basis will go a long way in reducing stress in the long run.



## 5. Reward Yourself

At the end of a stressful day, there is no better way to unwind than to treat yourself to a long relaxing hot bath or a steam massage.



Irrespective of your choice, do make it a practice to treat yourself to an activity that you enjoy doing. And during that time do not worry about work or household chores or anything else. Instead you must solely focus on enjoying yourself.

It is essential to de-stress yourself from time to time. Rewarding yourself occasionally is an excellent way to relax as well as reduce your stress. Remember stressed spelled backwards is desserts.





# Cough



Coughing is your body's way of removing foreign substances and mucus from your lungs and upper airway passages.

## Do's and Don't for Cough

Following are some of the simple tips to prevent cough:

Avoid cold foods as these can aggravate the throat further. Drink warm water. It will give relief to your infected throat.



Avoid consuming any fruits or vegetables that may cause excessive cooling in your body. Do not eat cucumbers, green bananas, papayas and watermelons when suffering from cough.



Fiber foods are good. They are easy to digest.



Avoid nuts such as groundnuts, cashew nuts, almonds, walnuts and pistachios. They have high oil content.



Coconuts are also not preferred due to high oil content in them.



Take proper balanced diet and avoid mutton, caffeine, any type of oily and spicy food, sugar, chocolates, etc. Avoid cold drink and ice cream.



## Home treatment for adults

Prevent dehydration. Drink lots of water, grape juice with honey is excellent for cough without fever.

Elevate your head with extra pillows at night to ease a dry cough.

Gargle regularly with warm water mixed with salt regularly especially early in the morning and at night.

Cough preparations may help your cough. Avoid cold remedies that combine medicines to treat many symptoms.

It is generally better to treat each symptom separately. There are two kinds of cough medicines: expectorants and suppressives.

Studies show that over-the-counter cough medicines do not work very well. And some of these medicines can cause problems if you use too much of them. It is important to use medicines correctly and to keep them out of the reach of children to prevent accidental use.

## Did you Know?

1. The highest tides on Earth are found in the Bay of Fundy, east of New Brunswick, Canada. The spring tides can reach 53.5 feet, almost as tall as a four-storeyed building.
2. The smallest bone is the stirrup, deep in the ear. It is hardly larger than a grain of rice.
3. Gorillas are the largest living primates. A fully grown gorilla can be over 6 ft tall and weigh 300-500 pounds. He can spread his arms 8 feet across.
4. A survey indicates that plants grow healthier when they are stroked.
5. Onions help reduce cholesterol if eaten after a fatty meal.



### What is junk food?

Lollies, soft drink, potato chips, hot chips, ice cream, and hamburgers, hot dogs and other kinds of take away food are called junk food.

### What's wrong with junk food?

**Too much fat!** Junk foods such as hamburgers, pizza, fried chicken and chips usually contain loads of saturated fats. Too much saturated fat in the diet will cause people to put on weight and get fat or obese (very fat). Being overweight

is a risk to the health of the heart and can cause other diseases.

**Too much salt!** Junk foods often have too much salt.

## Junk Food



There's a lot of salt already in foods such as bread, breakfast cereals and biscuits and cakes. So people are getting more salt than they need when they eat junk food. Too much salt is unhealthy for the heart.

**Too much sugar!** Soft drinks, cordials, biscuits, cakes and lollies all have loads of sugar. That's what makes them taste so good! But too much sugar makes people fat, rots the teeth, is bad for the blood and may cause other diseases.

### Should people eat junk food?

Junk food does have some of the good things that the body needs for good health. And the body needs some salt, fat and sugar for energy to burn while we work and play. However too much fat, sugar and salt is bad for our health and eating lots of junk food will overload your body with these things.

## QUIZ Time

1. Which is the best way to relieve stress?

- a. Having alcohol.
- b. Smoking.
- c. Listening to loud music.
- d. Doing some physical exercise.

2. ....put more pressure on the spine than walking or standing.

- a. Sleeping.
- b. Crying.
- c. Running.
- d. Laughing.

3. An average person falls asleep in ..... minutes.

- a. 10mins.
- b. 7mins.
- c. 5 mins.
- d. 15 mins.

4. Which country has the highest per capita consumption of cheese.

- a. Italy.
- b. India.
- c. Britain.
- d. France.

Answer the quiz and mail it to us with all your contact details by 30<sup>th</sup> January 2010 at [admin@burhanifoundationindia.org](mailto:admin@burhanifoundationindia.org) or you could even mail it on the following address and the lucky winner will receive exciting prizes.

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