

Your boss can influence your health!

Simple actions can create healthier work environments

STRONG AND EFFECTIVE leadership are vital for any workplace. Managers play a huge role in creating the best work environment, polishing the behaviour of employees, and also promoting their health and wellness.

However, a new study suggests that managers must be provided with incentives to focus on creating a healthier work environment.

Increase in employee wellness and motivation can be achieved by tying 10 per cent of managerial salary increases to health initiatives, the findings, published in the Journal of Occupational Health Psychology, suggested.

"Instead of focusing on individual wellness outcomes, we propose that it would be more effective if managers were incentivised to create healthier overall work environments with simple, easy to implement actions such as installing a water cooler, providing healthy snacks at meetings, and encouraging work/life balance," said lead author Rebecca Robbins from Cornell University



A healthy work environment is a win-win situation for both managers and their team

in New York, US.

The initiative requires tapping into the manager's ability to lead his or her team to wellness and can, as a result, have a

big payoff in terms of creating a culture of health at the workplace, and could tip the scales toward healthier employees.

The study surveyed 270

adults with manager roles and found that 68 per cent supported the idea of being evaluated by their employee wellness actions. IANS

The stress test

Mother's affection help combat depression in kids



Mums can help manage babies' stress through positive interaction

A DEPRESSED MOTHER'S stress can pass on to infant before his or her life begins in many ways. But according to a new study, parenting strategies can combat the negative impacts of maternal depression on an infant.

Stress can pass through the placenta to negatively impact the fetus in ways that manifest after birth such as birth weight, brain development and increased susceptibility to various ailments, said lead author Elisabeth Conrardt from University of Utah in the US in a study.

"We were curious about whether maternal behaviour could 'buffer' the child against the effects of maternal depression, and if this buffering could be observed at the level of the infant's

epigenome," Conrardt added in the study published in Child Development.

This study is the first to demonstrate that certain forms of maternal care-giving can have such an effect.

"Many mothers struggle with depression but interact quite sensitively with their infants. In these instances, the mother may be 'turning on' certain genes that we think allow infants to manage stress in adaptive ways," Conrardt stated.

While there were no differences in DNA among infants whose mothers scored high on sensitivity, infants whose mothers were both less sensitive and had high depressive symptoms had higher levels of methylation and more cortisol. IANS

ALIGN YOUR LIFE

All about Chi

The concept of Chi has been in existence for thousands of years. Chi in Chinese means energy. In India it is referred to as Prana. In Japan it is known as Ki and in Korea as Gi. In the Western Philosophy we refer to this energy as the Life Force.

Mankind has been discussing Chi for over ten thousand years, from China and Japan to India, the Hawaiian Islands and South America. Chi is the energy of life itself, recognised as the balance of Yin and Yang or the male and the female energy, which flows through everything in the universe. Chi is at the foundation of many health and fitness practices such as Traditional Chinese Medicine, Ayurveda, Massage, Yoga, Martial Arts, Reiki, Feng Shui and Acupressure.

Chi emits vibrant, bright colours, which is known as the aura, a vibrational frequency, and a sound. When Chi becomes disturbed, stagnant, imbalanced or depleted - disease and illness begin to take form within the body. Our aura becomes discolored and develops shades of grey and black depicting blockage of Chi. This in turn blocks the meridians or the energy pathways leading distortion of vibrational frequencies. Energy centers within our body known as Chakras are also impacted due to distortion of Chi and become clogged leading to mental, emotional and spiritual blockages.

The aim of Chinese medicine and Ayurveda is to open up blockages within the meridians and get the energy to flow freely in the body. Acupuncture also works on the same principle.

On the other hand the concept of Chi is similar in Feng Shui. The aim of this ancient Chinese science is to balance the Chi in the environment where you live and work. Chi is seen as either a moving force or a stable force. Moving Chi is associated with prosperity and finances as it depicts growth and movement; while stable or non-moving Chi is associated with relationships and stability. Feng Shui aims at harnessing these two types of Chi to make your home comfortable so that your life can flow freely - just like Chi!

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