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LIFESTYLE



The Power of Gratitude

Saying 'thank you' can help sustain a happy married life

IF YOU WANT a long and happy married life start thanking your spouse at every opportunity, suggests new research.

"We found that feeling appreciated and believing that your spouse values you directly influences how you feel about your marriage, how committed you are to it, and your belief that it will last," said study co-author Ted Futris, an associate professor at the University of Georgia in the US.

With the use of a telephone survey, the study asked 468 married individuals questions about their financial well being, demand/withdraw communication and

expressions of spousal gratitude.

The results indicated that spousal expression of gratitude was the most consistent significant predictor of marital quality.

"It goes to show the power of 'thank you,'" study's lead author Allen Barton from the University of Georgia noted.

"Even if a couple is experiencing distress and difficulty in other areas, gratitude in the relationship can help promote positive marital outcomes," Barton noted.

The study also found that higher levels of spousal gratitude expressions protected men's and women's divorce proneness

as well as women's marital commitment from the negative effects of poor communication during conflict.

"Importantly, we found that when couples are engaging in a negative conflict pattern like demand/withdrawal, expressions of gratitude and appreciation can counteract or buffer the negative effects of this type of interaction on marital stability," Futris said.

"This is the first study to document the protective effect that feeling appreciated by your spouse can have for marriages," Barton said.

The study was published in the journal *Personal Relationships*. IANS

ALIGN YOUR LIFE

Feng Shui For The Elderly

Many cultures encourage the looking after of the elderly. In Asian and Arabic societies it is normal for the families to live together and look after their old parents or grandparents. The family values focus on binding the entire family together. In this part of the world we do not have old age homes and we are taught to look after the elders. So what can you do in your home to make them comfortable? Can feng shui help in improving their health?

The best way to allocate a bedroom to an old person is by following the flying star school of feng shui. A good sleeping direction can be suggested and room allocation can be done based on the detailed calculations of the house. However, if you do not have access to a flying star feng shui consultant, then the following general tips will be helpful in making your parents or grandparents comfortable.

To begin with, it is recommended to have the room for the elderly in a remote corner of the house away from the main door. There is always too much activity near the main door and it might keep them awake for long hours. Therefore pick a room that is quiet and away from all the hustle and the bustle.

The bed should be placed according to the health direction based on the kua number. The kua number can be derived from applying simple calculations to their date of birth. The derived number then indicates four good directions for healthy and happy living. One of these four directions focuses on improving health and it is recommended to place the bed in that direction. The bed should also not be placed directly opposite a toilet door or in line with the main door of the bedroom. This will help in avoiding strong energy flow hitting the bed directly.

Place the bed against a solid wall for support. Avoid placing it beside a wall with a window.

Avoid placing huge television or music system in the room for the old people. Keep the noise level low and environment peaceful. Having too much noise or activity is associated with the fire element and should be avoided in the room for the elderly.

Last but not the least; spend quality time with your old parents or grandparents. Nothing in this world is better than bonding with family and spending some time with loved ones.

Shivani Adalja is a Dubai-based wellbeing expert. She runs the Alignment Insitute which offers effective solutions that focus on stress management and overall wellbeing. Email align@shivaniadalja.com

