

LIFE STYLE

MY BYTE

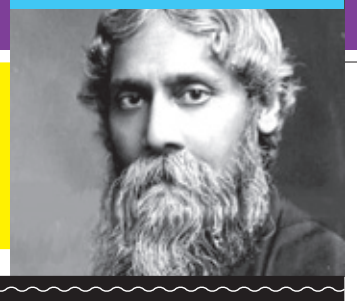
**Beauty tip for the day**

"Always keep your summer make-up minimal. Minimal and sheer make-up is the way to go when it's hot and muggy outside," says Mary Greenwell, celebrity make-up artist



You can't cross the sea merely by standing and staring at the water."

RABINDRANATH TAGORE



Stay off the console

Video game addiction can lead to sleep deprivation

VIDEO GAME ADDICTION can lead to sleep deprivation, thereby putting the players at serious risk of numerous health issues associated with sleep loss such as obesity and cardiovascular diseases, warns a study.

"This is an important phenomenon to understand. We are seeing that some children and teens develop serious addiction-like symptoms to video games," said co-author of the study Katherine Morrison, associate professor of pediatrics at McMaster University in Hamilton, Canada.

"It affects a vulnerable population of children and youth, can impact social interactions amongst youth and, as our research shows, can drive health issues," Morrison noted.

After examining the results of a study, Morrison said, "We were amazed that amongst gamers, video game addiction scores explained one-third of the differences in sleep duration. Sleep is emerging as a critical behaviour for cardio-



metabolic health, and this data shows that gaming addictions can cause numerous health issues in at least a segment of the population."

"Childhood obesity tracks

into adulthood and obese children face a greater risk of cardiovascular and coronary diseases as well as Type-2 diabetes as adults," Morrison pointed out. *IANS*

THE STUDY

The team studied a group aged 10 to 17. The data showed that video game addiction symptoms resulted in shorter sleep which, in turn, was related to elevated blood pressure, low high-density lipoprotein cholesterol, high triglycerides, and high insulin resistance.

ALIGN YOUR LIFE

Feng Shui For Goals

I often get clients who are focused on one aspect of life only. Some want to earn tons of money, while others want a loving relationship. Some care about health and others focus on getting a better job. At some point they contact me thinking Feng Shui is the answer to their prayers and if they implement changes suggested, they will get what they want immediately. This in my opinion is a major misconception about Feng Shui. How can balancing energies within your surroundings get what you want without working towards it? Feng Shui will impact what comes your way and makes you feel more confident and balanced. But what about hard work? Working towards your goals? Having a plan to achieving your goals?

Jennifer contacted me few years ago when she was desperate to get married. She was over 30 and according to her time was running out. Day in and day out she complained about how lonely she was. In desperation she started researching on Internet on how to find love through Feng Shui. One website suggested she place a pair of ducks in the South West corner. While some group suggested she paint her house in pink colour. One so called consultant got her to spend a fortune on buying very expensive rose quartz and wear it around her neck. She did everything but got no results. After months of trying she got in touch with me. When I first visited her apartment I noticed she had statues of ducks everywhere. Her house was all pink and gave a feeling of living inside a bubble gum. But when I calculated the Flying Stars of her apartment and checked against the compass, her house needed minor modifications only.

I had to ask her what was she doing to find a partner besides displaying ducks everywhere. And her answer was shocking - nothing! She had tried a few dating sites but was not happy with the people she had met. And so she stopped going out altogether and watched TV after work everyday. Now even though her Feng Shui was not that bad, she was still single. It was a very expensive lesson for her that that Feng Shui alone cant do everything. It can help to a certain point, but you also need to work hard towards achieving your goals!



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

JUST THINK ABOUT YOUR PET AND BE HAPPY



HUMANS LOVE PETS like their own children and whenever they feel socially rejected or sad, just a thought or a picture of their pet can lift up their mood, a study has found. Thinking about naming a human did not produce the same effect, with the study showcasing evidence that thoughts about a pet can provide a soothing stimulus for humans.

"Those who are more predisposed to attributing entities with human-like characteristics would benefit from even the most minimal engagement with animals," said lead study author Christina M Brown from Miami Uni-

versity in the US.

People who are more likely to assign human-like qualities to animals or inanimate objects may benefit from just thinking about animals when feeling socially rejected. The team conducted three separate studies in which participants were asked to relive past rejection.

After this, they were then asked to name photographed animals and their feelings were analysed again. The participants who thought of names for animals reported less negative emotions and feelings of rejection than those who did not. *IANS*