

Fight on time

Five reasons why couples argue on holiday

VACATIONS ARE SUPPOSED to be a time for enjoying a perfect time with your significant other. But sometimes you can end up having arguments. GetYourGuide.co.uk, an online platform for tours and activities, has found that one in four couples argue almost four hours daily while holidaying, reports femalefirst.co.uk.

Here are the five basic reasons why partners end up arguing:

*** Queuing:** If you have picked a time of year when everyone else wants or can be on holiday - you have to expect queues. You start bickering over why you picked the time of year you did, why you picked today of all days to go to this attraction and why you didn't get up early?

*** Living up to expectations:** While you are sat on the plane with nothing to do but think; the anxiety of picking the right destination, hotel and package are



all swimming through your mind and it all comes out at the other end. If you feel like it's not everything you hoped it would, you blame the nearest and dearest to you.

*** Getting lost:** All you have on holiday is a shoddy grasp of the language, a useless map and wild gesturing to

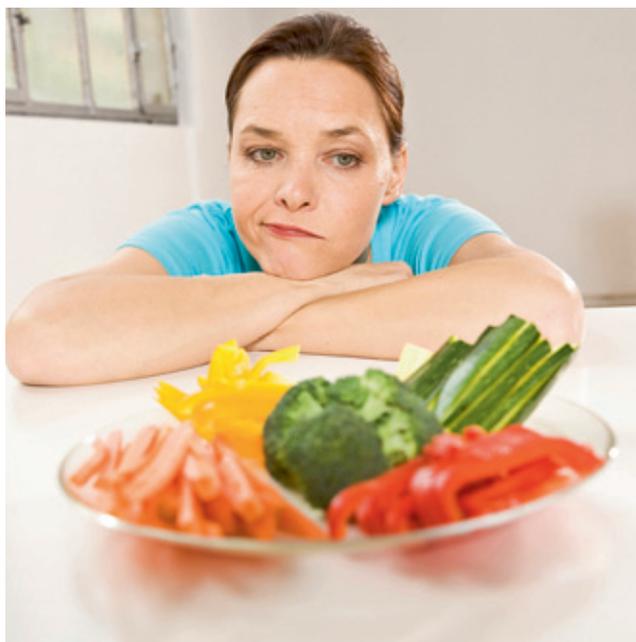
get your through now - so you turn to each other because you can't find anyone else to complain to.

*** Money:** You worry if you will have enough to get you through - even though you have saved religiously for the last year to ensure that you will have the funds. If

you partner starts spending frivolously - this can cause friction.

*** Deciding on activities:** You can barely agree on a movie to watch when you are at home - so choosing a daily activity is a supremely difficult activity. If it's bad - the chooser is the blamed party. *IANS*

Lose weight, not mates



Do crash diets make people lose friends?

A CRASH DIET is considered to be unhealthy in the long run. Followers of crash diets not only gain the weight they have lost when they return to regular diet, a survey reveals they also lose friends.

The research released by Nakd Wholefoods has found just how irritating people find their friends when they diet, with a third of them deliberately avoiding those they know to be dieting and a quarter even trying to sabotage their friends' bid to lose weight, reports femalefirst.co.uk.

"I'm surprised that so many people are avoiding their friends who crash diet, our research shows that we're happiest when we're not on a

diet so people shouldn't feel pressure to crash diet this January - healthy options for snacking alone have become so widely available, and taste great too, so you don't have to compromise," said Marina Love, marketing director at Nakd Wholefoods.

The research reveals that two-thirds of the friends, colleagues and partners of dieters find them irritating for a number of reasons: they talk about their diet too much; make them as non-dieters feel bad about themselves for not dieting; find dieters grumpy and miserable; that dieters refuse to socialise and ban treats such as birthday cake. *IANS*

ALIGN YOUR LIFE

Heal and Move On

ALISON HAD SUFFERED from aches and pains all her life. From a young age she used to experience sudden bouts of pain and discomfort, especially her joints. She sought many medical opinions in hope of finding a cure but somehow she was not able to find the answers to her pain. I met Alison in a seminar in Australia. Over a cup of coffee she poured her heart out and told me how tired she was due to the constant pain. Upon probing further I realised that her problem was deep rooted and that it needed some intervention.

The sessions that followed, gave a deeper understanding of what was going on. Alison had suffered huge trauma in her childhood. Her parents had divorced when she was very young and she was shuttled back and forth between two homes. Her father was particularly abusive verbally and physically under the influence of alcohol. Young Alison was not able to fathom what was going on and soon became fearful and shy. She remained aloof and developed phobias. It was soon after that she started experiencing aches and pains in her body. All the suppressed emotions needed an outlet and under pressure her body began to break down.

Over the years I have had many clients who have suffered from joint pains or physical discomfort. Upon detailed discussion I am able to associate the condition with a past traumatic event, which acted as a trigger for the condition. Through hypnosis and meditation the client is able to cope better after a few sessions and start on the road to the recovery.

Prolonged fear and anxiety have a tendency to become part of your cellular memory. Any major traumatic event remains hidden in the subconscious mind, creating unwanted feelings and sensations. Even after years have passed, the traumatic events still affect the mind and the body with the same intensity. So how does one cope with fear and trauma? How does one get rid of these old emotions to create a healthy and happy life?

First of all journal writing helps in expressing feeling and helps put things in perspective. I advise many clients to write about the traumatic events and then burn that paper. This simple exercise also helps in anchoring the subconscious mind into believing that the past is indeed destroyed. Regular practise of meditation also helps to calm the mind and release stress.

So next time you develop any nagging pain in your body, ask yourself, "When did this pain start?" "Am I fearful?" "Is my past affecting me?" The answer will help you to heal and move on.

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