

De-stress with yoga

Grinding teeth at night indicative of stressful existence

D **YOU CLENCH** and grind your teeth while sleeping? That could be owing to stress, and yoga and meditation may help, experts say. What many people may not realise is that teeth-grinding is not just annoying, it could also be causing headaches, jaw pain and wearing down your teeth.

“Called ‘nocturnal bruxism’, teeth-grinding occurs as a response to the teeth not fitting quite right,” said Ohio dentist Matthew Messina from the American Dental Association.

Stress is a known aggravator of bruxism. When you are stressed, you gain energy that needs to be released somehow - and for certain people, that “somehow” comes in the form of muscle contractions.

“Everyone responds to stress in a different way - what stresses you out may stress me differently,” Messina was quoted as saying by *Huffington Post*. If you have an existing bite issue and you throw in some stress, the body may find clenching and grinding a relief, he added.

Meditation, yoga and mindfulness could be your ticket to less grinding, said Messina, as these techniques help lower stress and reduce tension and muscle activity.

Also, cut out the caffeine and alcohol and avoid chewing gum, he noted. *IANS*



Tress troubles

Some hair care tips for summertime

COLOURING YOUR

LOCKS or taking a cool dip in the pool may be a problem for your hair during summer. It's good to know how to protect your precious locks.

Kiran Lohia, managing director, Lumiere Dermatology, suggests the following tips:

- **Hair colour fading:** The sun's strong rays can often cause your hair colour to change due to its temporary bleaching effects. Wear a hat to protect hair. If not that, you can use products with sun protection on your tresses.
- **Green hair:** Swimming is

a great way to cool yourself, but the chlorine present in it can make your hair turn green.

Look for chlorine-removing shampoos so that your hair can return to its natural colour. And, try to wear a swim cap to reduce the amount of chlorine your hair is exposed to.

- **Forehead breakouts because of bangs:** Greasy bangs sticking to the face can block your skin's pores leading to breakouts. Try to keep your bangs off your face so that your skin can breathe. *IANS*

ALIGN YOUR LIFE

Love Yourself!

There is so much emphasis on external beauty these days. The whole world revolves around skin whitening products, botox and the fashion industry. Millions of dollars are pumped into marketing, to make you believe that you need different things. Photoshopped images are thrown in your face to make you feel inadequate, so that you buy more and more products. Size zero is the new fad among women these days. Everyone is on an instant weight loss spree. Some go to the extreme of removing part of their stomach, so that they eat less, while some take in hunger repressants. No one wants to work hard to lose weight anymore. Easy options are preferred.

People I meet are often in a hurry to get rich, so that they are able to buy everything that is around them. Question is do you need things to be happy? Do you need fair skin to feel good? Or do you need expensive designer wear to feel important?

Gone are the days when people lived a simple life and children shared a room with their family. These days children insist on having their own room and a computer. The word “sharing” does not exist in the dictionary anymore. I remember sharing a small room with my sister growing up. We shared books, school uniforms, shoes and food. Back then, it was understood that sharing was a part of life and it was joyful. It was acceptable to have few clothes and yet feel good about yourself. Very few make-up brands were around and everyone had a different skin tone. Life was less complicated and more enjoyable.

So where do we go from here? The more we buy the more we want. There seems to be no end to desires.

The only way to lead a different life is to look within and connect with your roots. Evaluating your life journey will help you focus on what is important and what needs to fall away. Ask questions - do I really need another designer bag? Do I need another expensive car? Most importantly, are these things going to fill the void in my life?

Unless you go back to the basics, you can't evaluate your present. So why not donate money to a charity instead of filling up your wardrobe? Give away books that you have finished reading, eat what you like in moderation, participate in your community, share your inner feeling with your loved ones, wear what you like and not what is in fashion, and most importantly love yourself.

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

