

Minds at work

Love mentally challenging jobs to avoid memory loss

DONOT HATE the job that stresses you out as it may actually help you keep your mental faculties intact later in life, research suggests. "Certain kinds of challenging jobs have the potential to enhance and protect workers' mental functioning in later life," said Gwenith Fisher, assistant professor of psychology at Colorado State University.

The study was based on data spanning 18 years and involved 4,182 participants. Participants were interviewed about eight times between 1992 and 2010, starting when they were between ages 51 and 61.

They worked in a wide variety of jobs and had been doing the same type of work for more than 25 years, on average, before they retired. The study found that people who had worked in jobs with greater mental demands were more likely to have better memories before they retired.

They were more likely



to have slower declines in memory than people who had worked in jobs with fewer mental demands. The differences at the time of retirement were not large, but they grew over time.

"These results suggest that working in an occupation that

requires a variety of mental processes may be beneficial to employees," said Jessica Faul, an assistant research scientist at University of Michigan's institute for social research. "It is likely that being exposed to new experiences or more mentally complex jobs may

benefit not only newer workers but more seasoned employees as well," she commented.

What people do outside of work could also be a factor, Fisher said in the paper that appeared in the *Journal of Occupational Health Psychology*. IANS

Use simple products: Aniston

JENNIFER ANISTON, 45, says her youthful skin is down to the use of simple and inexpensive products which hardly have any harmful chemicals.

The brand ambassador for hair and skincare label Aveeno, Aniston believes in using natural products with very few chemicals in them.

"It was actually just to educate people and inform them on what goes into the product.

I always like to read labels so I know what's going into our food, we like knowing what's going into our bodies.

"I thought it was really fun to see what's going into our skin. I always find that the simpler the better. The more potions and lotions that you start to mess with, I mean, for me, my skin would start to erupt," contactmusic.com quoted Aniston as saying. IANS

ALIGN YOUR LIFE

The Subconscious Lessons

After many years, I visited my grandmother's old home. This was the house in which I learned how to ride a bike and climb a tree. Everything around me was frozen in time. The low set houses of the village, the old neighbours, the mango tree in the backyard - it all looked the same and yet seemed different. It looked like I would not be able to relate to this old life now because I was different. I had left the old roads of this small village behind and transcended into a different world of my own. I had embraced today's fast paced world and forgot all about this small village that taught me some important lessons of life. We all have left something behind on this journey called life. We let go of family, friends, countries, experiences to move on to greener pastures and bigger achievements. While climbing the ladder of success, we slowly discard the old way of life while embracing the new.

And yet our past is the key to our future. All our childhood experiences, beliefs and values are stored in our subconscious mind. These beliefs govern the decisions we take and the path that we choose. No matter how much we change from outside, our core remains the same. Our beliefs, the way we see the world and interact with others is mainly the outcome of what we learned during our growing up years. Very rarely are we humans able to create new core values in our adulthood, unless we consciously seek those values.

Now when I am visiting this old village home, I am suddenly overwhelmed with mixed emotions. It was during these wonderful childhood visits that my grandmother would encourage me to climb a tree even though I fell numerous times. I was told I could achieve anything and girls were no less than boys. It was during these holidays that I learned to live away from my mother and tasted independence for the first time. My aunt taught me to cook, which made me realise early on that I could look after myself. It was this very foundation that allowed me to seek opportunities that others never imagined. These values of perseverance, self-reliance and independence shaped my character over the years.

So instead of gifting an iPad to your children why not teach them to ride a bike? Instead of enrolling your children in coaching class why not spend time with them and get them to study? Because every time your children tumble in life, they will remember the moment when you held their hand and got them on their bikes one more time.

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