

L LIFESTYLE

Find your zen

Suffering from anxiety disorder? Try yoga

EVERYONE FACES DIFFERENT aspects of stress at some point, but there are ways to come out stronger. Exercise and relaxation activities like yoga can positively impact people with social anxiety disorders, claims a recent study.

They change the way people perceive the world, altering their perception so that they view the environment in a less threatening, less negative way, the findings showed.

“We wanted to examine whether people would perceive their environment as less threatening after engaging in physical exercise or after doing a relaxation technique that is similar to the breathing exercises in yoga,” said Adam Heenan from Queen’s University in Canada.

For his research, Heenan used human point-light displays - a depiction of a human that is comprised of a series of dots representing the major joints.

Human point-light displays are depth-ambiguous and because of this an observer looking at the display could see it as either facing towards them or facing away.

“We found that people who either walked or jogged on a treadmill for 10 minutes perceived these ambiguous figures as facing towards them (the observer) less often than those who simply stood on the treadmill,” Heenan said.

The same was true when people performed progressive muscle relaxation, he noted.

This is important because anxious people display a bias to focus on more threatening things in their environment.

In fact, some researchers think that this is how these disorders are perpetuated: People who are anxious focus on anxiety-inducing things and thus become more anxious, in a continuous cycle. *IANS*



Puppy love

*Want to feel 10 years younger?
Bring home a dog*

IT SEEMS THERE'S more to man's best friend than simple companionship.

Dog owners over the age of 65 act and feel 10 years younger than their biological age, says a study from Preventive Medicine journal.

Having a dog can positively affect an elderly person's mental health too, the study added.

“Our results show that dog ownership is associated with an increased level of physical activity in the over-65s,” said Zhiqiang Feng from University of St. Andrews in Britain.



“On average, older dog owners were 12 per cent more active than their counterparts who did not own a dog,” Feng added.

The study that involved 547 elderly people showed that dog owners were not only more physically active, but their levels of activity were the equivalent of people 10 years younger. “Our results suggest that dog ownership may motivate activity and enable older people to overcome many potential barriers such as lack of social support, inclement weather and concerns over personal safety,” Feng said. *IANS*

ALIGN YOUR LIFE

Colour Your Life

VERY OFTEN CLIENTS ask me, how colours and gemstones impact their energy. Many practitioners all over the world recommend coloured stones or specific

colours for clothing to boost personal wellbeing. Buying your car in a specific colour is also considered by some to be lucky. Many clients I know buy expensive gemstones and wear them on different fingers or around the neck. Some claim that it does wonders and some are unsure of the results. So does it really work? Or is it a myth?

The theory behind the use of gemstones is simple. Our bodies are made of pure energy. Everything around us is also made of energy. Using an object from our surroundings to help balance our internal energy is the purpose of using gemstones. It is the same principle that applies in choosing a specific colour for choosing a car or your personal wardrobe. The idea is to balance our personal energy to lead a more happy, healthy and fulfilling life.

The question is - how much of this impacts our life positively? Gemstones tend to have a certain colour frequency. The brighter the colour, the more strong the energy. The shape and size of the stone is also important. However once a particular stone is chosen and incorporated as a piece of jewellery or used in healing sessions, some clients claim instant results. While I am not dismissing the positive impact of the gemstone on the human energy, the real reason is the positive thought in the mind that makes you feel the difference. Some claim to have instant change in their fortunes while some see no changes. Similarly some people feel better wearing clothes made of specific colours, while rejecting certain shades outright. Their association with certain colour is very positive and thus these colours make them feel more comfortable and confident.

The idea is to use colours and stones that make you feel happy and comfortable. Whether it works scientifically or not is yet to be proved but it surely impacts the mind positively and lifts up the mood.

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