

Caffeine alert

What does your coffee say about you?

COFFEE IS ONE of the most popular drinks in the world, but aside from providing the much needed early morning boost, the type of coffee a person likes can also reveal a lot about his personality, says a study.

Clinical psychologist Ramani Durvasula analysed 1,000 coffee lovers and examined common personality styles and psychological traits, looking specifically at introversion and extroversion, patience, perfectionism, warmth, vigilance, sensitivity and social boldness, reports femalefirst.co.uk.

In her results, Durvasula found that those with a penchant for black coffee are typically purist, no-nonsense individuals with a tendency to prefer the simple life, although they could also be abrupt, impatient and even averse to change.

In contrast, latte drinkers tended to be intent on pleasing others, but could also show slightly more neurotic attributes.

Cappuccino drinkers are usually perfectionists and are perhaps the most highly-demanding personalities. The



research also says that such drinkers are very obsessive and controlling, overly sensitive, and health-conscious.

Instant coffee drinkers seemed to display more

laidback characteristics in the findings of her study, however. Personality traits associated with this group included a predisposition to procrastinate.

Finally, those who preferred their coffee fix cold and sweet were considered socially bold "trend-setters" who could be reckless on occasion. *IANS*

Mind your gym manners



ENTERING THE GYM doesn't mean you leave behind your etiquette. Being a bully at gym is not cool and not keeping your workout tools in place is definitely a big no.

Here's a list of gym manners that you must follow, reports huffingtonpost.com:

*** Clean up your toys:** If you take a group class, put your gear back where it came from - mats, dumbbells, balls, bands. Don't wait for someone else to do it.

*** Don't be a gym bully:** It's not cool to stand

uncomfortably close to someone if they are using your favourite machine or occupying your favourite spot in a room. The gym or fitness studio is supposed make everyone feel better about themselves, not just you.

*** Prevent wardrobe malfunctions:** Get some proper attire. Jeans or flip flops are a big no. Women who dare to wear something short in a gym, should check first to make sure things are staying put especially if they are going to jump or run. *IANS*

ALIGN YOUR LIFE

Express Yourself Freely

ZEEESHAN HAD SUFFERED from asthma and a sore throat all his life. No amount of medication helped. He had resigned himself to the fact that he would never be able to enjoy ice cream or iced tea without falling sick. He had tried medication for years, used a breathing pump and had stopped eating anything remotely cold. And yet he was always down with a sore throat.

I met Zeeshan during one of my visits to the Maldives. He was staying at a resort where I was teaching relaxation techniques to guests. Initially it looked like he had a physical problem, but as I spent more time with him, I realised that his problem was much deeper.

Zeeshan grew up in a country that had been at war for many years. The neighbourhood where he grew up was destroyed in front of his eyes and his family lived without proper electricity for years. He spent his childhood studying in the dark with a torch and soon realised that he could escape the reality of the war by hiding his fears in books. He excelled at school but barely shared his feelings with anyone. As a result he turned into an introvert and kept his opinions to himself. The more he didn't express himself, the more he started getting ill. It was around this time that he developed asthma and a sore throat, thus starting his lifelong visits to doctors. Though his health problems were not serious, they were annoying and he slowly learned to live with them until he met me.

Zeeshan's physical ailments were a sign of imbalance in the throat chakra. This chakra represents self-expression, communication and freedom of speech. When one is not able to express his or her feelings openly or communicate freely, the throat chakra gets congested. Over a period of time this congestion leads to a sore throat, asthma and in extreme cases malfunction of the thyroid gland. Over the next few days I had many one on one-meditation and hypnosis sessions with Zeeshan, where he freely expressed all his suppressed feelings and anxiety from childhood. For the first time in his life he confessed that he had lived his entire life in fear due to the ongoing war in his country.

The more Zeeshan expressed himself, the better his throat felt. After almost two weeks of working on his issues, he finally had a scoop of ice cream without falling sick. He still continues to have asthma and still has a weak throat. However the awareness of where the problem originated from gives him the strength to deal with it. He has started to express more and his life is now a work in progress. Zeeshan decided to take the first step towards expressing himself and now the rest will follow. So if you suffer from a sore throat or cough and cold often - ask yourself: Am I suppressing my true feelings? Am I communicating enough? Can I talk freely? The key to your throat problems will be in the answers to the above questions.

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 wellbeing. Email align@shivaniadalja.com

