

Refresh yourself

Tips to stay healthy and happy this festive season

THE FESTIVE SEASON can be fun but also bring a lot of stress and sleeplessness. Don't skip breakfast and drink as much water as possible to sleep well.

You may start worrying about finding the perfect gift for your loved ones or having too many Christmas party invitations, and such thoughts can have a negative impact on one's sleep pattern.

Sleep expert Nerina Ramakhan says it is important to get a good sleep this festive season, ensuring you wake up refreshed and energised when the big day arrives, reports femalefirst.co.uk.

She said: "Organising and preparing for any big day or important event, such as Christmas, can be a daunting task. With a never ending list of things to do and a head swirling with information and thoughts it can prove difficult for anyone to switch off at the end of the day.

"Throw in additional stresses and strains of daily life and sleeping through the night can prove even trickier than usual.

Here are her top tips to help



restless sleepers:

Minimise electronic equipment in your room: It may be tempting to buy Christmas presents online or search the web for inspiration before you retire to the bedroom but avoid spending time on laptops and smartphones in the 60 to 90 minutes before bed if you want to look and feel refreshed the next morning.

Don't skip breakfast: While some of you may like to skip

breakfast if you're in a rush, this can have an adverse effect and actually affect your sleeping pattern. You need to eat healthily and avoid skipping breakfast. People who eat breakfast produce more melatonin and therefore, sleep better. Include protein in your breakfast for an even greater effect.

Stay well hydrated during the day: Dehydration is a key cause of frequent waking or 'shallow' sleep. This will also keep you looking as well as

feeling good, especially following your Christmas parties.

Pen down your worries: Research shows that people who go to bed happy tend to sleep better. So deal with your worries before you put your head on the pillow. And if you can't let those worries go then get up, go to another room and write down all the worries in your head on a piece of paper. Then go back to bed and get as comfortable as possible. *IANS*



Work out, have fun

BREAK THE MONOTONY of your workout regime by adding some fun to it with accessories or by incorporating a dance element to it.

The trick to getting fit, other than being active, is to find an activity that you enjoy doing. Femalefirst.co.uk gives out some fun ideas to help you pep up your exercise schedule.

Use accessories: Hula hooping, spinning and Pilates balls are all great ways to revitalise your workout and make it enjoyable. Also, these accessories lend themselves to different levels of fitness. This means that as you become fitter and more used to the exercises, you can increase their levels with just a minor adjustment of the accessories.

Join a dance-cardio class: This one's for people who love to dance but want the benefits of an aerobics class. This

combines different high-energy forms of dancing with a high to medium impact workout. It works wonders for fat burning and helps in toning up as well.

Try Zumba: It's a great way for toning, body sculpting and fat burning. Celebrities like Madonna and Jennifer Lopez endorse it.

Get adventurous with pole dance classes: Pole dancing works very well on abs and stomach muscles. It provides a great workout for the overall body too. Learning different positions can be fun too.

Do belly dancing: This is a lot of fun and is a fantastic workout for your back, stomach and abs. The movements may not be high-impact, but the variety of movements can speed up the process of toning. The breathing required to work with the exercises will leave you feeling calm and relaxed. *IANS*

ALIGN YOUR LIFE

The Final Goodbye

I had known Mrs. Joshi for years. She was a distant relative and her kids were my playmates when I was young. Her younger son had passed away due to a sudden illness years ago and since then Mrs. Joshi had slipped into deep depression. Over the years we lost touch after I moved away. However, a few months ago her daughter contacted me for help. Having known them closely in my childhood, I was curious to know the reason for the visit. Upon arriving at their home, I was shocked by what I discovered. The entire house had things scattered around as though Mrs. Joshi's deceased son was still alive. He had passed away some twenty years ago; however his bedroom looked like it did on the day he passed away. Nothing was thrown away or out of place. She had treasured every bit of clothing, books and toys used by her late son. The family had tirelessly tried to tell her to donate things but Mrs. Joshi was just not ready. As a result, all members of the family were affected and in a stagnant state.

There was nothing to celebrate and the daughters of the house were still unmarried, living a lonely life. After weeks of hypnotherapy and discussions, Mrs. Joshi was finally ready to say goodbye to her late son. We managed to donate many items and some were kept in her son's memory. Soon after that, one of her daughters miraculously got married and her other son moved out into his new home. Suddenly all members found a new life and things fell into place.

Dealing with the loss of a loved one is never easy. Life comes to a complete stop and you wonder what went wrong. There are so many unsaid things and unwritten chapters. But life has to go on for the people who are left behind and we have no choice but to eventually move on.

So what can you do in terms of Feng Shui to let go of your loved ones after their death? Firstly it is highly recommended to donate clothes and other usable items to someone who will have use for them. Do keep some favourite items that will remind you of happier times. Clean the house with salt water, as it will help in clearing out old energy and help in inviting new energy. Lighting incense or bakhoo will also help in space clearing.

By letting go of the physical things, you are also mentally preparing to finally let go. You will only be able to move on in your life if you are able to say the final goodbye.

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