

# Top\_to\_toe guide to surviving modern life

(Ideas from Times of India)

## 1. Head

The Problem: Depression and anxiety:

Juggling many things at a time like text,email,facebook,whatsapp to give immediate reply is found to increase production of stress hormone, cortisol and fight- or- flight hormone ,adrenaline leaving us stressed and anxious.

Beat it:

Slow down.Focus on one job at a time. Take regular tech breaks.

## 2. Eyes

The problem: cyber induced sight loss

Spending large amount of time indoors with artificial lighting and staring at computers has helped vision problems.

Beat it:

Take regular screen breaks. Adopt 20-20-20 rule. For every 20 minutes, look 20 feet away for 20 seconds.

## 3. Ears

The problem: Hearing loss.

Listening to music in head phone for long hours leads to preventable deafness.

Beat it:

Reduce time with head phone.

## 4.Stomach

The problem: Depleted gut bacteria

Eating processed food, sugar and over usage of antibiotics have reduced the number of good gut bacteria leading to stomach disorders.

Beat it:

Eat live yoghurt and fermented foods

5.Legs

The problem: Sitting sickness

Being chair bound for hours causes weaker muscles and bones.

Beat it:

Sit on something wobby such as exercise ball or backless stool to force your core stomach and lower back muscle to work. Avoid sitting for more than 30 minutes. Get up ,move and sit down.

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