



RELAXATION
IN THE
MODERN WORLD

Many people have accepted working extended hours as a way of life. They are addicted to checking emails to stay continuously informed and focused. Working back and forth doesn't make you rich but make you sick. It's time to take responsibility for your own health. Instead of eating chips and pizzas at your desk, prefer eating healthy food. Don't sacrifice your happiness to be successful.

Extended hours of working, endless traffic, long drives would put an unnecessary stress on your relationships with your kids, loving partners, and friends. Usually, people ignore ill health in stress environment and later it can become the cause of psychological distress and high blood pressure.

In Japan, people who die of overwork are termed as "Karoshi". The victim might have worked at least 100 hours in a month before the death. Sometimes exhaustion can bring dark glory in life. Working as forced labour is not a solution. Devotion towards family and proper rest can bring positive energize in the next day work. The key is to bring balance into all parts of your life.

ARE YOU WILLING TO WORK OVERTIME?

All of us work hard in our lives thinking "Hard work will pay off some day". Increase in salary and getting recognition in office is a sense of accomplishment. These incentives can either energize or exhaust you. What do you really feel after coming from work? – "Stressed" or "Excited" to spend time with your loved ones.

MYTHS RELATED TO WORK

- **Working for more hours will get more done** - Work is an on-going process. The brain has a limited capacity to work. Beyond a point, it will start affecting your health and relationships.
- **The pursuit of happiness is "exhausting"** - Happiness is supposed to energize people and not exhaust people. Companies can use your happiness to get more out of you
- **Will make boss Happy** - Creating an expectation trap for oneself is terrible. One cannot satisfy their boss every time. It affects emotionally and can create mental stress if neglected.
- **Sitting and working all day will be very productive** – Sitting a long time in one place strains the body. It can create havoc and can link to many health problems from headaches to back pains, obesity and more.

Try these simple tweaks to be healthier and happier at work

- **Fill your water bottle several times at cafeteria**
This ensures drinking more water to stay hydrated. Small breaks improve blood circulation, reduce eyestrain and muscle pull.
- **Prefer walking or cycling to work**
Get one stop before your final destination. A quick walk can help set a right mindset for the day.
- **Stretch your body at regular intervals**
Let your body relax and free yourself from muscle pains
- **Eating breakfast and healthy lunch**
Your first few meals of the day are the most important fuel for the rest of the day. Make sure you make it count.
- **Avoid working long hours in a stretch**
Continuous stretching at work can interfere with sleep and affect the immune system.



Graham and Lyn Whiteman, The Relaxation Specialists & Stress Management Consultants

Know yourself and your limitations. It's important to relieve yourself from work. Give some time to mind to relax and recover. Try to find new ways to be in peace and in joy. Know when to take a break from work and go for vacations. Choose to be happy at work.