

WELLHEALTH

Health – Your Ultimate Wealth

EDITORIAL



Come September has swiftly changed to Gone September. Being an Unlock month 2, September opened life for many. The Indian economy is picking up pace again, after being stuck for the past few months. The house maids are back, the local grocery shops are doing business, moderate activity at the malls has begun and most importantly, IPL enthusiasts have forgotten their stress and tension and are back to

discussing matches and performances.

There are different predictions made on the duration of pandemic, but a fact underlined by all is that “returning to normal does not mean that we will get rid of the virus.” So let’s continue following all social distancing & health and hygiene norms.

Let us welcome the quiet festive season without visiting crowded places and being happy and conscious about the health of our near and dear ones.

Visualizing life in a positive light will definitely help us change the landscape of life. Be Happy, Be Healthy!

Aruna Howal

India Leader - Health and Benefits, J B Boda Insurance and Reinsurance Brokers.



TRENDING THIS MONTH

Sleep, Mental health & Covid-19



The global pandemic has disrupted everything, including our sleep. Sound & adequate sleep is critical to physical health, effective functioning of the immune system and also is a key promoter of emotional wellness and mental health.

The Challenges to ‘Sleep during the Pandemic’

The pandemic has created a host of new challenges even for people who previously had no sleeping problems and for millions of people who suffered from insomnia before the coronavirus.



Disruption of Daily Life: Social distancing, school closures, quarantines, working-from-home, confinement to homes, disturbed schedule and oversleeping.



Anxiety and Worry: Fear of catching the infection, economic concerns, fear of unknown and uncertainties.



Depression: The isolation, sickness, loss of loved ones.

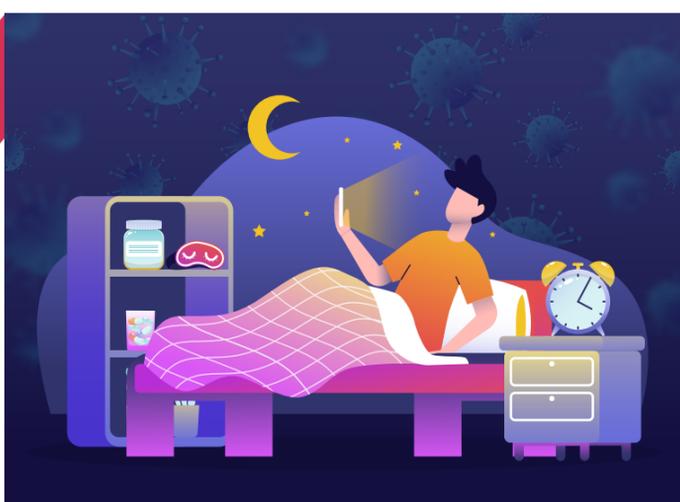


Greater Family and Work Stress: Canceled trips, isolation from friends, and an abundance of time or overburden of work.



Excess Screen Time: Excess screen time, especially later in the evening, can have a detrimental impact on sleep. The blue light from screens can suppress the natural production of melatonin, a hormone that the body makes to help us sleep.

Stress-Related Fatigue can lead to a host of physical symptoms, including persistent headaches, memory lapses, and digestive problems.



Why is Sleep Important during a Pandemic?

- ✓ **Sleep empowers an effective immune system.**
- ✓ **Sleep heightens brain function** like complex thinking, learning, memory, and decision-making.
- ✓ **Sleep enhances the mood.**
- ✓ **Sleep improves mental health.** Besides depression, a lack of sleep is linked with mental health conditions like anxiety disorder, bipolar disorder, and Post-Traumatic Stress Disorder (PTSD).

Guidelines to Sleeping Well During the COVID-19 Outbreak

- ✓ **Establishing a routine can facilitate a sense of normalcy even in abnormal times.** Showering and getting dressed even if you aren’t leaving the house, eating meals at the same time each day, blocking off specific time periods for work and exercise is important to maintain a routine. Fix and implement your **Wake-Up Time, Wind-Down Time & Bedtime.**
- ✓ **Get ready for bed.** It can involve things like light reading, stretching, and meditating along with preparations for bed like putting on pajamas and brushing your teeth.
- ✓ **Reserve your bed only for sleep:** This means that working-from-home shouldn’t be working-from-bed. It also means avoid bringing a laptop into bed to watch a movie or series.
- ✓ **See the natural light:** Exposure to light plays a crucial role in helping our bodies regulate sleep in a healthy way. As much as possible, avoid using these devices for an hour before bed.
- ✓ **Be careful with naps:** While a short power nap early in the afternoon can be useful to some people, it’s best to avoid long naps or naps later in the day that can hinder nighttime sleep.
- ✓ **Stay active:** It’s easy to overlook exercise with everything happening in the world, but regular daily activity has numerous important benefits, including for sleep. Deep breathing, stretching, yoga, mindfulness meditation, calming music, and quiet reading are just a few examples of relaxation techniques that you can build into your routines.
- ✓ **Practice kindness and look for positivity:** It might not seem critical to your sleep, but kindness and connection can reduce stress and its harmful effects on mood and sleep.
- ✓ **Watch what you eat and drink:** Keeping a healthy diet can promote good sleep. In particular, be cautious with the intake of alcohol and caffeine, especially later in the day, as both can disrupt the quantity and quality of your sleep.

HEALTH@HOME

Balance between fasting and immunity



According to Ayurveda, fasting rekindles the digestive fire. An increase in the digestive fire burns the toxins in the body. When the toxins are flushed out of the body, it loses dullness and lethargy. All the cells of the body are rejuvenated. Fasting, therefore, is an effective therapy to cleanse our body. When the body is cleansed, the mind becomes calmer and more peaceful because of the deep connection between the body and mind.

However there are some simple tips that you need to follow to reap the maximum benefits.



Keep your body well-hydrated: Hydration is vital for proper body functioning. Refreshing and hydrating drinks like coconut water, milk or fruit juices can help you stay replenished through the day. Avoid drinking too much tea or coffee.

Avoid overeating: Remember, moderation matters. Watch what you eat, else you may contradict the very purpose of fasting.



Avoid sugar: Stay away from refined sugar. Opt for natural sugar products like sugarcane, jaggery which are quite healthy for you.

Choose healthy snacks: Because you are fasting, you tend to get hungry at odd times. When you crave for something fried, go for healthy snacking options like makhana (fox-nuts), sweet potato fries, nuts and fruits! They are also very nutritious and low on calories.



Eat fibre-rich food: Because you tend to eat lesser food than usual, or at unusual intervals, eating fibre rich food can help you keep fuller for longer as they take longer to digest and break down. Good fibre content can be found in veggies like pumpkin, colocasia root (arbi), bananas and even potatoes, which are all fast-friendly food.

Stay away from processed food: Do not eat market bought sweets, namkeens which are not healthy and made out of sub-standard, refined oil.



Sleep well: During any fasting season, the body is undergoing detox and it needs plenty of rest. Hence, make sure you sleep for 7-8 hours every day.

Tip : Extensive fasting may drain out your body. Do not stay hungry for long and keep munching something from where your body can get energy.

WELLNESS WHEEL



An interesting revelation by the Japanese Psychologist

- The cause of acidity is not starvation alone, but also includes mental stress
- Hypertension results not only because of salty diet but also because of not handling personal emotions properly
- High fat diet is not the only cause of increased cholesterol levels, but it is also result of laziness
- Reason for asthma is not inadequate oxygen supply to lungs but it's the continuous feeling of sadness that may weaken the lungs
- The only reason of diabetes is not increased sugar intake but also selfishness and stubbornness.

The real reason of any illness



If you want to be healthy, you need to work on your 'mind'. Meditation, breathing exercises (pranayama) and yoga will help you achieve control on your mind. Listen to your mind and soul, practice being unbiased or neutrality. Don't give meaningless reasons like "I don't get time". If you do not practice this, it simply means that you are lazy and careless about yourself. Be conscious about your body and soul and take timely measures and follow these good practices.

Your health is in your hands. You need to decide whether you want to live with illnesses or want to leave illnesses behind.



FUN THERAPY



Spell your Name

Now... Work Out !

A 50 Jumping jack	B 20 Crunches	C 30 Squats	D 15 Push Ups	E 1 minute Wallsit	F 10 Burpees	G 20 Sec. Arm Circles
H 20 Squats	I 30 Jumping jack	J 15 Crunches	K 10 Push Ups	L 2 Minute Wallsit	M 20 Burpees	N 40 Jumping jack
O 25 Burpees	P 15 Sec. Arm Circles	Q 30 Crunches	R 15 Push Ups	S 30 Burpees	T 15 Squats	U 30 Sec. Arm Circles
V 3 Minute Wallsit	W 20 Burpees	X 60 Jumping Jacks	Y 10 Crunches	Z 20 Push Ups	REPEAT 2X	

Disclaimer : By using or accessing the brochure, you agree with the Disclaimer below without any qualification or limitation. The statements made in this brochure are only for information purpose and not for the purpose of medical advice or guarantee of outcome. If you need medical advice, they should consult a doctor or other appropriate medical professional. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. does not assume liability of the information on this brochure and no representation or warranty has been expressly or impliedly given as to its accuracy, completeness or correctness. The information provided has been gathered from reputable sources such as the website of Ministry of Health and Family Welfare. However, J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. is not responsible for errors or omissions in reporting or explanation. No individuals should use this information contained in this brochure for self-diagnosis or self-treatment any health related condition. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. reserves the right to modify, alter, add and delete any one or more of the information provided in the brochure. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. shall be under no obligation to notify you of the amendment to the information. No warranties or assurances are given in regarding the accuracy of the information supplied in this brochure, and that no liability will accrue to J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. in the event that you suffers loss as a result of reliance upon the information provided in this brochure. You are responsible for your health and safety at all times. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. does not warrant that any insurance related information provided in this brochure, represents coverage provided to any insured, or are consistent with any present, future, local, state, or central laws, administrative rules, or prevailing case law. Any reference to insurance documents is only for general information and should not be used to claim coverage under any insurance policy.

For feedback please write to aruna.howal@jbbodamail.com

J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. - Registered Office Maker Bhavan 1 Churchgate, Mumbai - 400020, Maharashtra, India. www.jbboda.com
CIN: U6610MH2002PTC138193 License Number: 133 (17 Mar 2018 to 16 Mar 2021)

Copyright © 2020 J.B. Boda. All rights reserved.