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CELEBRATING  
FREEDOM -  
BREAKING  
THE SHACKLES

DISCOVER THE  
JOY OF  
MISSING OUT

ARE YOU  
UNDER THE  
SPELL?

FEND OFF THE  
FOOD CRAVINGS  
WITHOUT  
GOING CRAZY!

YOUR NEXT  
TRIP COULD  
REWIRE YOU!

# R HealthBeat

Quarterly Health Magazine - Vol. 21, August 2019



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# From the Editor's Desk

Dear All,

“ *Our greatest happiness does not depend on the condition of life in which chance has placed us, but is always the result of a good conscience, good health, occupation, and freedom in all just pursuits* ”

With this edition of R HealthBeat we are Celebrating Freedom... Freedom from the shackles of various addictions. In our day-to-day life the temptation to escape reality or wanting to stay in comfort often hooks us to compulsive attachment to distractions from the real world.

Know from the experts about the modern day addictions, their causes and how they affect your brain and behavior under “Special Focus”.

While talking about addiction, the concept of craving often comes up and we’ve all had those got-to-have-it moments. “Health Guide” reveals how craving works and gives out tricks for next time you have urges you want to beat.

The twin rise of smart phones and social media has made us Nomophobic. Take our short quiz to see if you are a bit too digitally connected and that you need to plug back into life!

Give yourself the Joy of Missing Out and the freedom of disconnecting to start living a more free life. “Travelogue” will help you plan your next trip to remote, yet beautiful places to rewire yourself.

***Freedom is the power to choose our own chains!***

Thank you all for your continued support and enjoy reading this issue! Wishing you the best of health, always!

Warm regards,  
Rakesh Jain



**Rakesh Jain**

Chief Executive Officer  
Reliance General Insurance &  
Editor-in-Chief, R HealthBeat

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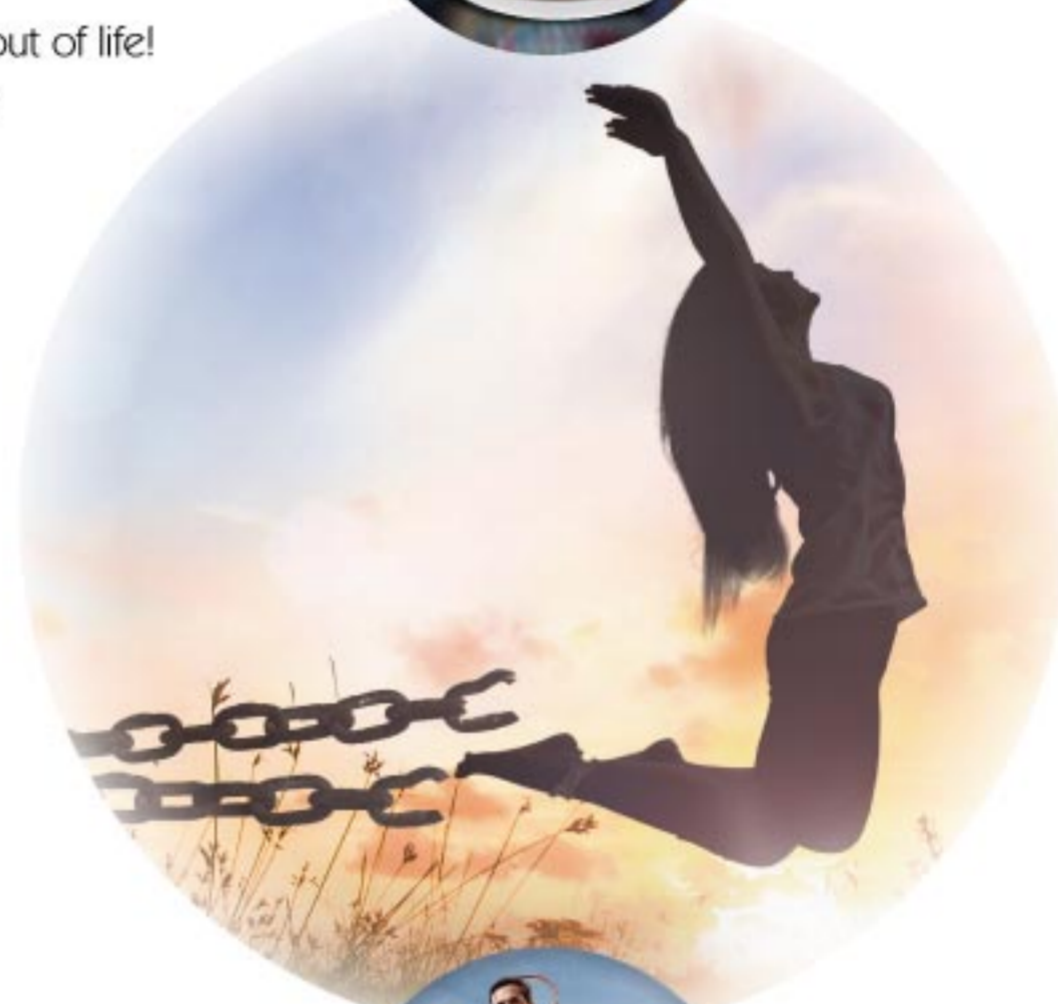
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# Readers' Connect



Look what our **readers have to say** about R HealthBeat

R HealthBeat Magazine is very informative and keeps me updated about all aspects of holistic well-being. The print quality and layout is top notch and the Magazine occupies a prominent place in our Office Library. In fact all the old issues of the Magazine are also kept. I wish the best to the Reliance Team.

**Sanjeev Maheshwari**

CFO & Company Secretary  
BREMBO Brake India Pvt. Ltd.

I appreciate the efforts put in to create this delightful read. The content is simple, crisp and informative. I always look forward to read every edition.

**Ms. Jyothi Prasad**

Senior Manager - HR  
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RHealthBeat is very informative and helps us keep updated with current changes. Thanks to Reliance General Insurance for keeping the customers updated on the same.

**Ms. Chaitra Krishna**

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Scan the QR code to read the previous editions of R HealthBeat



## GET IN TOUCH

We look forward to getting to know you better!

We welcome your suggestions, questions or ideas. Also to know more about our Wellness Program you could write to us at [rgicl.rcarehealth@relianceada.com](mailto:rgicl.rcarehealth@relianceada.com)

Visit [www.reliancegeneral.co.in](http://www.reliancegeneral.co.in) for more articles and updates on Healthy Living and Wellness.

Did You know



## Celebrating *Freedom* Breaking the Shackles

Understanding the addictions:

How addiction hijacks the brain



**BRAIN REGISTERS ALL PLEASURES IN THE SAME WAY,**

whether they originate with a psychoactive drug, a monetary reward, a sexual encounter or a satisfying meal.



**BRAIN CRAVES THE REWARD OF THE SUBSTANCE,**

when someone develops an addiction. This is due to the intense stimulation of the brain's reward system.



**IN RESPONSE, MANY CONTINUE USE OF THE SUBSTANCE,**

unlocking a host of euphoric feelings.

Addiction exerts a long and powerful influence on brain that manifests in three distinct ways: **craving for object of addiction, loss of control over its use, and continuing involvement** with it despite adverse consequences.

**S**hackles of habit are too small to be sensed until they are too strong to be broken. Find freedom today from various habits our lifestyle has pushed us towards, which often take shape of addictions! To understand whether you may have an addiction involves asking yourself certain questions. Do you look forward to that glass of wine every evening? Does having that cigarette calm you down when you are stressed? Does that rich dessert leave you feeling full and soothed? If your answer is "yes," you may be addicted.

The most obvious addictions are those that involve alcohol, cigarettes, and drugs. We are all familiar with the feeling,

***"RIGHT NOW I REALLY NEED A CIGARETTE...  
OR A GLASS OF WINE...OR A CUP OF COFFEE."***

These types of thoughts can be clues that you are using substances for an immediate relief from psychological pain or anxiety.

Something as humble as food can also serve an addictive purpose. When it does, people's eating habits take on a meaning beyond the simple enjoyment and gratification of physical hunger. **Many suffering from eating disorders utilize food as a source of emotional gratification.**

Society applauds the person who works hard, is organized or is pro fitness. Thus, the behaviors like being workaholic, obsessive-compulsive, or being a fitness fanatic are harder to recognize. These activities actually release dopamine in the brain and trigger a rewarding feeling within us. They may seem like a more natural "drug," but they function like a drug nonetheless.

Almost any behavior, when used repeatedly, will cut us off from feelings and therefore become addictive. Which is why we feel compelled to overwork, shop too much, exercise too hard, and spend too much time watching television, playing video games, browsing the internet and the list goes on. **The predictability and certainty of routines also act to temporarily reduce tension and anxiety.** This is why we want to structure our lives with the same daily schedule, the same weekly diet, the same annual vacation.

***THE SILVER  
LINING!***



While there are many paths to recovery, there is one constant and that's hope. **Without hope or a desire to recover, there would be no motivation to get better.** With no motivation, there would be very little meaningful action. Finally, with proper action comes improvement through a series of steps leading to a plan for recovery. This issue will take you through the ways you can fight your addictions and live to the fullest.



## Ask the Doctor: **ADDICTION**



**By Dr. Ritika S. Aggarwal**

**Consultant Psychologist | Jaslok Hospital, Mumbai**

For many of us addiction is only limited to smoking, drinking, drugs, gambling but in the modern world we are tied up with many behavioral addictions. Addiction is a mental health disorder in which a person engages in a particular behaviour repeatedly, even if the behaviour causes them harm. In discussion with psychologist, Ritika S. Aggarwal, get to know the lesser discussed and lesser known addictions in today's world!

### **What types of modern day addictions (including behavioral) do you come across in your patients?**

Addictions are of many forms both physical and behavioral. While physical addictions such as alcohol and nicotine addictions are well known, behavioral addictions are less known but more common and sometimes unidentified. Behavioural addictions come with all the negative consequences in a person's life minus the physical issues faced by people engaging compulsively in drug and alcohol abuse. Some common behavioral addictions include Gambling, Excessive Internet/Social Media Usage, Sex, Shopping, Video games, Food, Exercise, etc.

### **What are the various alarming addictive behaviours/signs of an addict?**

The typical behavioral signs of addiction are:

- Spending the majority of one's time engaging in the behaviour, thinking about or arranging to engage in the behaviour, or recovering from the effects of said behaviour
- Being unable to stop oneself and continuing the behavior despite its health consequences

- Neglecting home, work, school, and/or family to engage in the behaviour more often
- Difficulties in significant relationships due to person's chronic engagement in the behaviour
- Becoming dependent on the behaviour as a way to cope with emotions and to "feel normal"
- Experiencing symptoms of withdrawal (for example, low mood, irritability and cravings) when trying to stop

### **What are the causes and complications of addictions?**

The factors that contribute to behavioral addiction are unique to each person. When a person continues to engage in maladaptive behaviours, their brain is rewarded each time, which makes the addiction more difficult to overcome.

#### **Some common causes are:**

- Genetic predisposition to the development of an addiction disorder
- Poor coping mechanisms in situations of acute stress
- Living in or growing up in an environment that is permissive of the behaviour

Any urge-driven disorder triggers the release of extra dopamine, which causes feelings of pleasure and the brain

becomes reliant on the behaviour. A relative decline in these dopamine surges can lead to depression, which might further compel the person to engage in the addictive behavior once again.

### How do you think Social Media addiction is affecting the Millennial?

Just being connected and online can be compulsive and addictive for many people. Millennials tend to post every minute detail of their lives, and thus spending hours on Facebook, Instagram, Twitter and YouTube. Problematic social media use is associated with mental health concerns like anxiety and depression. Frequent social media use may also be a cause of Attention Deficit Hyperactivity Disorder due to the constant demands on our attention by social media (we are constantly trying to process lots of information from different social media apps at a rapid rate).

### How do you suggest, one can break-free from their addictions of any kind?

There are a range of therapies :

- a. **Personal therapy:** One-to-one sessions where one discusses the acute issues that could have triggered the urge to engage in the behaviour along with other past events that may have contributed to development of addiction. There are different therapeutic modalities used in this form of therapy, such as Cognitive Behaviour Therapy, Motivational Enhancement Therapy, etc.
- b. **Family therapy:** Familial relationships are generally negatively affected by the individual's chronic addictive behaviour. These strained relationships can give rise to feelings of mistrust and resentment which are addressed therapeutically in these sessions, to heal the family unit as a whole.
- c. **Support Groups:** For long term healing, networking and connecting with people recovering from addictions is

helpful as the individual doesn't feel isolated in his/her maladaptive behavioural patterns, as well helps the person deal with their day-to-day struggles of addiction.

- d. **Alternative therapies:** Animal assisted therapies, sports and adventure therapies, nutritional therapy, music and dance therapies, psychodrama, etc. all help in working on a more holistic level.

The above may also be used in combination with each other. In some cases, medication may also be considered based on the type of addiction, impact of the addiction on daily functioning, and any co-morbid mental health concerns.

### How can one avoid relapse?

Some of the ways that people can improve their ability to avoid relapse:

- a. Identifying the triggers that cause to engage in the behaviour, and then avoiding those triggers (people, places, situations, feelings, or other events)
- b. Creating an actionable plan to mitigate the impact of those triggers
- c. Building a support system that includes people who support the individual
- d. Return to recovery if a relapse occurs

### Are there any helpline/support services available for addiction in India?

The government of India has launched a National Toll Free number to help people struggling with drug and alcohol abuse. Hospitals like AIIMS, Delhi and Masina Hospital, Mumbai have drug dependence treatment centers. There is less awareness about behavioral addictions but most tertiary care hospitals have counselors and psychologists who can help clients work through these addictions as well, as therapy forms a crucial aspect of the treatment process.

## ----- TYPES OF ADDICTIONS: -----



Drugs



Smoking/  
Drinking



Gambling



Sex



Social  
Media



Mobile/  
Game



Food

## Positive Addictions

How to get the most out of Life!



The word 'addiction' automatically makes you think about the negative ones, alcohol, drugs, tobacco, etc. But are there positive addictions? "Positive addiction" has less to do with the actual thing you are addicted to but more to do with the way they make you feel. Positive addictions are changes in habits, when you make a positive change in one area of your life; it affects every area of your life enabling you to live with more confidence, creativity and happiness. Read on to discover the healthy addictions those are okay to have.



### Exercising

If you crave your morning yoga routine, or you can't live without your daily run, chances are you're addicted to exercise. However, while it's true that excessive exercise can cause health issues, getting in a sweat session every day can improve your mind and body and even extend your life.



### Getting Your Shut-Eye

If you can truly appreciate the power of a good night's sleep or an afternoon power-nap, it's a habit you shouldn't skip on. Getting your beauty sleep can help you maintain a healthy weight, reduce stress, stay focused and alert while awake, and live a happier life.



### Eating Healthy

This helps you live longer and better, and healthy eating will help you do just that. Aside from reducing your waistline, healthy eating has a host of benefits. By becoming addicted to healthy eating habits, you can increase both your lifespan and feel better and more energized every day.



### Getting Social

As long as your friends are positive influences, having an addiction to your social calendar can be very healthy. Not only can hanging out with friends help boost your mood, but your friends can also help you live longer.



### Cleaning

It turns out that those who crave cleaning house have one of the healthiest addictions possible. Keeping a clean home reduces the risk of illness and the severity of allergy symptoms. Also, cleaning helps to de-clutter your mind and reduce stress.



## Fend off Food cravings *without going crazy!*

Finding it difficult to control those hunger pangs? While food cravings may seem or sound like they originate from your stomach, your brain is the more responsible party. Boredom, stress, anxiety, loneliness; how we feel also dictates when cravings set in. Use these simple tricks to know how to ride those cravings out in a healthy way.

### *Wash away those cravings*

Dehydration can cause you to crave salty foods. Solution is simple: Drink more water. In fact, most of the time what you think are food cravings may actually be thirst.

### *Avoid getting extremely hungry*

It is one of the biggest reasons why we experience cravings. It is a good idea to eat regularly and have healthy snacks close at hand.

### *Choose Proteins*

They help to control blood sugar patterns and can help food craving. Every meal should include some source of lean protein, such as skinless chicken or turkey, fish, eggs, or low-fat cheese.

### *Find a distraction*

When craving is psychological, it is meeting a need different from hunger. The way to combat food cravings caused by boredom, anxiety, or other emotions is by finding an activity that will take your mind off your craving without adding calories.

### *Plan your meals*

Try to plan your meals for the next day. By already knowing what you're going to eat, eliminates the factor of spontaneity and uncertainty. Also, practice mindful eating, it will help you distinguish between cravings and actual physical hunger.

### *Fight stress & get proper sleep*

Stress and insufficient sleep influence eating behaviors. Stress raises your blood levels of cortisol, a hormone that can make you gain weight, especially in the belly area. Sleep deprivation disrupts the fluctuations of hormones, and may lead to poor appetite regulation and strong cravings.

## Stock Up On These Instead!

**CHIA SEEDS:** Good source of soluble dietary fiber

**BERRIES:** Has high fiber content & antioxidants

**FRUITS:** Swap out the junk food for some fruit when you feel like having something sugary

**DATES:** Great source of fiber, potassium and iron

**LEGUMES:** Opt for lentils, beans and chickpeas

**SNACK BARS:** Have one which is made of whole oats and sweetened with fresh/dried fruit



# Discover the Joy of Missing Out!

“You missed out!” this sentence alone could create fear and anxiety in the hearts of many who have a compulsive desire to stay connected and are constantly under the Fear Of Missing Out or FOMO. But beware; giving in to FOMO may come at a cost of extreme dissatisfaction and detrimental effects on the physical and mental health.

To combat FOMO, mental exercise of re-framing is extremely helpful and JOMO or Joy Of Missing Out is the emotionally intelligent antidote to FOMO. So next time you feel stressed out about FOMO try these techniques!

## *Switch off!*

Set a daily time to turn off all your notifications, even if it's only for 30 minutes. The constant stream of messages, emails and pictures can be taxing on your mind and can suck away the brain power. Cut the cord and reclaim your relaxation time. Enjoy a social media free weekend. This not only will reduce your stress levels but also will improve your mood, sleep quality, attention span, and energy levels.



## *Live in the moment*

If you're constantly fretting about missing out on something, you're not likely to be enjoying yourself wherever you are. JOMO allows you to focus on where you are and what you're doing. Living in the moment also has many unexpected benefits like you become more mindful and have improved concentration, effectiveness and start noticing life in a fuller way.

## *Track your negative thoughts*

Anytime you have a negative thought, analyze why or how this thought may be limiting you. Replace negative thoughts with more reasonable ones. Use your thoughts and feelings to propel and harness the intrinsic motivation to achieve your own goals. And also introduce various health benefits in your life like better psychological and physical well-being, lower rate of depression & distress and increased life span.



## *Enjoy your own company*

Learn to be happy in your own company, even if you feel the boredom! This in fact can be taken in the 'benefit column' as boredom can lead you to seek out new stimulating experiences to fill the activity free void. And that can't happen with a screen constantly stimulating and distracting you. Set it aside, let yourself experience boredom, and see how you surprise yourself!



## Conquer the **CRAVINGS** Here is How!

Anyone who's engaged in addictive behavior knows something about cravings; an overwhelming emotional experience that yearns to be satisfied by going back to your addiction. The addicted brain has an excellent memory of the substance it has learned to love, no matter whether you haven't used in months or you just stopped using this week.

Cravings are normal! They are not the sign of relapsing. You only relapse when you revert to using the substance to cope with life stress and demands. The goal isn't to eliminate cravings, but to recognize when a craving cycle begins and then intervene before it pulls you into a downward spiral.



### *Engage in self positive talks*

Cravings can often be myopic and prevent you from seeing the big picture outside the immediate moment. Resist the urge to use by talking yourself out of it using logic and reason. Learn the art of healthy distraction to avoid or redirect your attention, go for a walk or drive to get into a new environment right away or aid of your support group.

## Surf the urge

Instead of trying to stop the urge all together. It's a mindfulness technique that rests on the principle of accepting a craving for what it is than resisting it. When you feel a craving, stop and acknowledge it for what it is and don't try to make it go away. Sit down, close your eyes, and observe the thoughts in your mind and sensations within your body. It can help you realize that cravings come in waves and will eventually pass.



## Know your triggers

During recovery, certain people, places, and things will inevitably make you want to get back to your addiction. Knowing what your triggers are can help prepare you for the possibility of a craving and allow you to avoid it when possible. Try making a list of your triggers and consider which ones you can honestly avoid.

## Use creative imagery

Think about the images that are related to the behavior you no longer want to engage in and try to swap out those images with places, people and behavior that support your recovery. The creative use of imagery is simple but potent way to stay connected with your core values and resist cravings.



## Practice self care

Eat healthy and exercise regularly to make yourself more resilient and better able to deny a craving when it does arise. Practice meditation to learn to better handle the anxiety, anger and stress, biggest emotional triggers for craving. Being mindful about your life will keep you focused on where you're going instead of where you've been.

## Engage in a hobby

Many times cravings arise out of boredom as the mind tries to find a way to fill a "void" or empty space. Engage in hobbies like dancing, painting, music etc which can distract you from the cravings and calm the physical symptoms of it, helping you to feel better.





## MEDITATION FOR ADDICTION RECOVERY

Addictions are impulsive actions often taken with little to no conscious thought. Nearly all of us are addicted to something, whether its alcohol, tobacco, food, coffee or internet, an addicted mind is stuck in a cycle of thoughts that simply repeat from day to day. The practice of meditation can break those patterns and allow one to see the world from a new perspective. The underlying principle that guides meditation is the development of self awareness.

# 1

### Mindfulness Meditation

Involves focusing attention on the experience of present moment. It is the most traditional form of meditation and is typically done with sitting in relaxed pose in a peaceful setting. One can choose to practice it in silence or with calming music playing in the background. The intention is to relax the mind and allowing thoughts and feelings to flow freely, to be an observer of thoughts and feelings without having to engage with them.

# 2

### Breathing Meditation

Focuses on inhalations and exhalations. It involves slow, steady breaths and bringing attention on breathing whenever the mind starts to wander. It gives the conscious mind something to focus on and anchors the attention in the present moment.

### 3 Relaxation Meditation

Brings your focus to specific areas of the body one after another, relaxing each area of the body as you go on. Practicing it makes you more aware of your own body and experience deeper relaxation.

### 5 Eating Meditation

Gives you a delightful new experience to put 100 percent of your attention on your food, eating slowly and deliberately, noticing the taste and texture. Learning to be mindful while eating is useful for those who struggle with eating disorders and those who use food as the coping mechanism for the stress of addiction.

### 7 Mantra Meditation

Includes a simple word or phrase that you repeat to yourself during meditation. Those who are accustomed to fast pace activity filled lives, this type of meditation can help achieve stillness, clarity and creates deeper sense of relaxation during meditation.



### 4 Guided Meditation

A facilitator guides you through visualization. It uses your imagination to experience states such as peace, joy, discovery, connection and growth. The scenario you go through is usually a visual metaphor to help you explore inner thoughts.



### 6 Meditative Exercise

Doing exercise in a mindful state which gives one the benefits of both meditation and physical exercise. Practices such as yoga and tai chi provide this perfect blend of mental stillness and physical activity.



### 8 Walking Meditation

Allows you to focus on each part of the body as it moves, and on the sensory information from the environment—sound of the birds, trees or wind etc.



## Are you under the SPELL?

Have you ever sat in a train or café, looked around, and realised that almost every single person was staring at their smart phone? Did you notice this while looking up from your own phone? Take this quiz to find out if you are addicted to the digital world!

Score yourself for each answer: **Never** ( 1 pt ) | **Occasionally** ( 2 pts ) | **Frequently** ( 3 pts ) | **Always** ( 4 pts )

- 1 You often find yourself stay online longer than you intended.
- 2 Others in your life often complain about the amount of time you spend online/on your phone.
- 3 Your work suffers because of the amount of time you spend online.
- 4 You choose to spend more time online instead of going out.
- 5 You become defensive or secretive when anyone asks you what you do online.
- 6 You find yourself saying, "Just a few more minutes," when online.
- 7 You snap, yell, or act annoyed if someone bothers you while you are online.
- 8 You try to cut down the amount of time you spend online and fail.
- 9 You fear that life without the Internet would be boring, empty, and joyless.
- 10 You feel depressed, moody, or nervous when you are offline, which goes away once you are back online.

### SCORE 10-20

Congratulations! You are not addicted to your smart phone and are able to maintain a balance.

### SCORE 21-30

You are an average on-line user. You may surf the web a bit too long at times, but you are leaning toward compulsive or problematic behaviour

### SCORE 31 AND ABOVE

It is certain that you probably have a pretty significant compulsive attachment to your phone.

# TRAIN TO *Beat Addiction*



It's no secret that exercising regularly can relieve stress, boost your mood and body image, ease depression and anxiety, and improve other psychological issues. Working up a sweat can be a healthier craving you can develop to kickstart your journey to recovery from addictions.



### Take a walk to manage stress

Stress can be a particular problem while recovering from an addictive behaviour. Physical activity like taking a walk around the block or hiking in the wood can be the best way to reduce and control stress as it releases feel-good endorphins in the brain and improves circulation, both of which help with stress.



### Build up your strength to re-align your sleep

Addictions often cause insomnia; regular exercise or strength training can help you reset your sleep cycle along with helping you to burn fat.



### Practice yoga to improve mood

Mood changes are common while recovery from an addictive behaviour; practicing yoga can elevate your dopamine levels making you feel less anxious and more focused. It can also help you become more mindful and can help you find ways to centre yourself to fight cravings.



### Join a sport for improved energy levels

Taking up sport like swimming, cycling or running will not only replenish your energy levels but will also help you rebuild the social circle and bond with others to forge new relationships and feel more a part of society.



### Schedule exercise at regular intervals for stronger immune system

Just as addiction behaviour occurs at regular intervals, so too should you get regular doses of exercise. Aim to get at least 2.5 hours of exercise weekly to keep yourself healthy and positive. Experiment with different exercise schedules to broaden the types of activities you can enjoy.

★★★ Your next trip could ★★★  
**Re-wire you!**

It's no longer a surprise to anyone that our smart phones, real-time alert watches, fitness bands, virtual assistants, and social media apps are making us feel anxious, guilty, less productive, and it also is contributing to higher than ever depression and stress levels among young adults. The reality is that many of us rarely unplug: the average mobile user checks their phone for almost 150 times a day! Relinquishing all that hardware and taking that vacation from your digital life is one of the most restorative things you can do for yourself, the side effects of which will mostly include dopamine boosts, increased mindfulness, a better appreciation of one's environment, and a general sense of awe.



Here is a list of remote, yet beautiful places where you can totally let go!

### Exquisite Islands of Andaman

Get lost in the remote islands of Andaman, more specifically Baratang island. The secluded spots on this island will excite you and enthrall you. The quaint limestone caves, the pristine beaches and the early morning sunsets will ensure that you do not miss the buzz of your mobile phone.

### Serene Backwaters of Alleppey, Kerala

Enjoy this blissful experience of gliding through the Kerala backwaters in luxurious house-boats. Make it to Alleppey to forget about your stressful life for the time being. Experience this otherworldly beauty and its rich flora and fauna and walk across the never-ending paddy fields.



### Adventurous Trek to Zaskar-Chadar trail, Leh

Find your peace of mind by trekking in this immaculate Zaskar-Chadar trail also known as the 'Ice Kingdom'. Incredibly beautiful and away from internet, access these treacherous roads and steep mountains will force your mind to focus on now.

### Salt Marshes of Rann of Kutch, Gujarat

This white desert is spectacular to look at. Miles and miles of sand and miles and miles of road to self-discovery. The recent excavation of a place called Dholavira identified to be a part of Indus Valley Civilization is an eye-opener for people for the intricate town planning that existed even 5000 years ago! A must-go for people with a penchant for history with a touch of serenity.

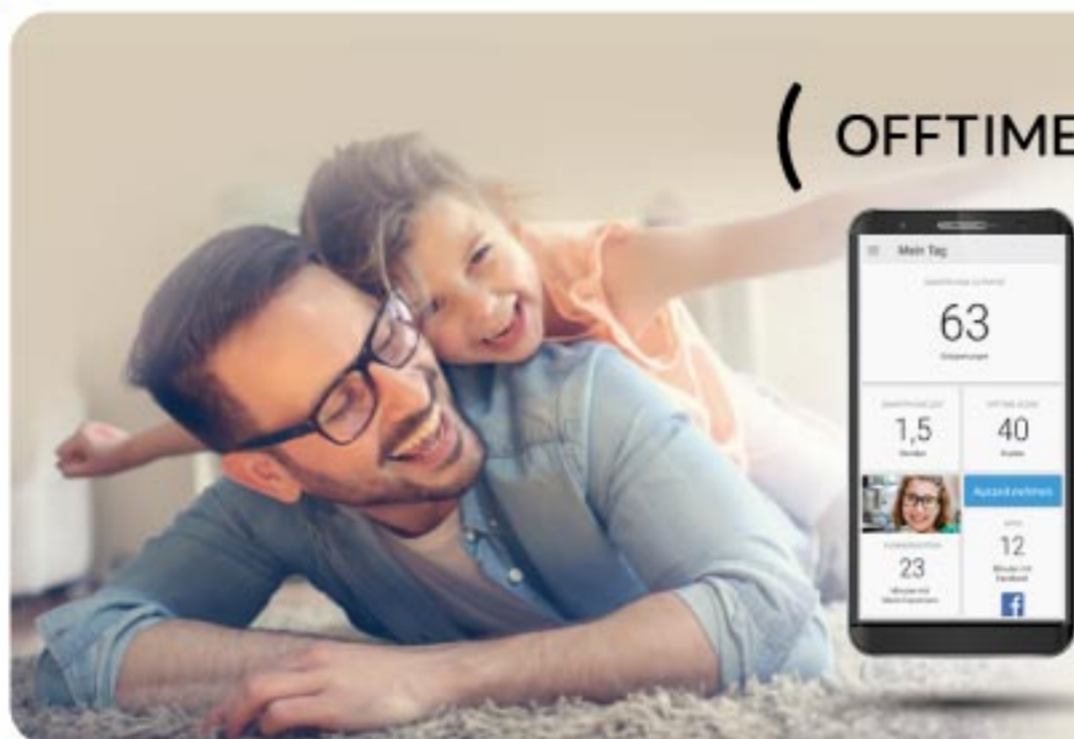


### Valley of Flowers, Uttarakhand

A national park, The Valley of Flowers is a place, which is guaranteed to take you high. A 10 km trek in its totality, the valley is home to more than 300 different varieties of alpine flowers with a background view of snow-capped mountain which will add a new perspective to your life.

## Escape Addiction with Smart Apps

The ping of a notification can easily distract you from your work and spending what feels like a couple of minutes soon add up and it might be taking up more of your day. Hence, for your digital wellbeing, try these productivity apps!



( OFFTIME )

Lets you focus and find digital balance in a hyper connected world. It monitors your smart phone usage in real time and takes dedicated timeouts. With OFFTIME you can improve your wellbeing and productivity by:

- Setting hurdles, reminders or restrict access to any apps that you find distracting.
- For a chosen period, block calls, texts and notifications that might disturb you.

### Forest: Stay Focused

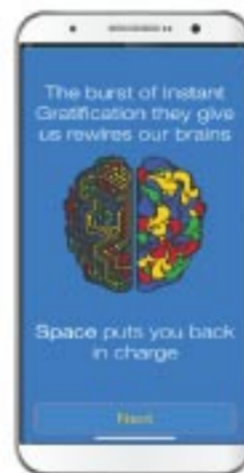
Forest provides an interesting solution to beat the phone addiction. You can plant a seed in Forest. In the following time, the seed gradually grows into a tree. However, if you give in the temptation and leave the app to check your phone, your tree will wither away! This interesting mechanism drives the sense of achievement and keeps you motivated. One can also compete with friends and earn rewards!



### Space

You need a breather

Checking apps can give you instant gratification - that's how they work and that's what keeps you going back for more and get hooked. Space gives you a replacement icon for the apps you need a break from. The new icon gives a quick breathing exercise to do before taking you to the real application. Introducing a moment of zen, helps you to beat instant gratification and to kick your app habit without having to delete anything.



**Moment**  
Less phone. More real life.



It tells you how much time you have spent looking at the screen, which app you have used most and how many times you have unlocked it too! If you're bit embarrassed of your daily totals, you can set daily limits on yourself and be notified when you go over.

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### **2) Positive Addictions - How to get the most out of life**

- <https://productivitytheory.com/8-healthy-addictions-that-are-okay-to-have/>

### **3) Conquer the cravings - Here is How!**

- <https://www.verywellmind.com/tips-for-coping-with-withdrawal-cravings-22371>
- <https://www.addiction.com/3948/5-ways-resist-addiction-cravings/>

### **4) Discover the Joy of Missing Out!**

- <https://www.insider.com/what-is-jomo-2018-7>
- <https://www.mindfulmuscle.com/mindfulness-treats-addiction-alcoholism/>

### **5) Are you under the spell?**

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### **6) Meditate to take control!**

- <https://theduneseasthampton.com/addiction-blog/8-types-meditation-addiction-recovery/>
- <https://vantagepointrecovery.com/the-benefits-of-using-meditation-in-recovery-from-addiction/>

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- <https://www.verywellmind.com/how-exercise-can-help-you-beat-an-addiction-4115857>
- <https://www.therecoveryvillage.com/recovery/wellness/6-proven-benefits-exercise-addiction-recovery/#gref>

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- <http://www.three.co.uk/hub/productivity-apps/>
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- <https://www.geckoandfly.com/23509/smartphone-addiction-boost-productivity/>

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- <https://www.healthline.com/nutrition/11-ways-to-stop-food-cravings#section5>
- <https://www.everydayhealth.com/diet-and-nutrition-pictures/ways-to-fend-off-food-cravings.aspx>

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