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Quarterly Health Magazine - Vol. 20, May 2019

DIALOGUE WITH THE IRON MAN OF INDIA: MILIND SOMAN

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From the Editor's Desk

Hello Readers,

It gives me immense pleasure to say that with this edition we are celebrating the 5th anniversary of R HealthBeat. We embarked on this journey of promoting holistic living and wellbeing, and since then it has impacted many more lives than we had envisioned 5 years ago. I take this opportunity to thank all our contributors and readers for their incredible support throughout.



Thriving for harmony in the soul, mind and body is the key to ultimate wellness and happiness, and an important health goal.

With our everyday busy lives, it has become harder to find balance between our physical, mental and spiritual wellbeing. And this edition is focused on finding equilibrium between the three important aspects of life: Mind, body and soul.

As rightly said by fitness idol, Milind Soman, "Health isn't about mind over matter, it's about mind and body coming together as equals". Read more to find out the secrets behind the fitness of Iron Man of India.

Learn how a healthy mindset can transform your body under "Mindfulness" section and take charge of what occupies your mind!

Take up hobbies like learning a new language, taking care of a pet or star gazing as they can be great stress busters and can leave you with a feeling of fulfillment. Read along to know how, under "Health Guide"

Explore how you can put technology and mindfulness together to strengthen your connection with your inner self under "Technology in Healthcare"

To summarize, the edition clearly defines that wellness is a conscious and continuous process of holistic self-development leading to an enhanced quality of life.

I wish you all great health!

Warm regards, Rakesh Jain



Rakesh Jain

Chief Executive Officer

Reliance General Insurance &

Editor-in-Chief, R HealthBeat

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Readers' Connect



Look what our readers have to say about R HealthBeat

I would like to congratulate the organization on publishing an important and extremely informative magazine on health issues. Special congratulations to the editorial team and the various contributors across the edition. I genuinely find a lot of potential for this effort of yours in disseminating awareness and information towards health issues and their preventive measures. Congratulations and please keep the good work going.

Mr. Murad Jawed

Principal Consultant - Energy and Commercial Practices, JLT Independent Insurance Brokers Pvt. Ltd.



I have been reading the magazine "R HealthBeat". It covers the full gamut of health and wellness in a very creative way. Coming out with different theme for every new quarterly edition makes it very interesting an informative read. It also gives us a lot of useful information about the world of wellness. I appreciate the whole team of Reliance General Insurance for this great effort.

Mr. Kamal Kumar Chawla

AVP-Human Resources PVR Limited



R HealthBeat never beat around the bush; it beats with very valuable information. In the busiest era, R HealthBeat is the apt magazine which provides more information in less time and is the ultimate for quick health tips!

Mr. Prakash R

GM (Legal) and Company Secretary M/s Kothari Sugars and Chemicals Ltd.

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

Visit www.reliancegeneral.co.in for more articles and updates on Healthy Living and Wellness.

R Health Beat

BODY MIND SOUL YOU

Mind, Body & Soul: The rise of holistic wellness makeover

Good health is achieved when there is equilibrium between the three important aspects of life: the body, mind and soul. However, we live in a world that largely focuses on the physical factor of wellness which includes healthy eating, a fit body and an overall attractive appearance. Meanwhile the busier our day to day lives become, the harder it is to achieve mental and spiritual wellness.

Over the ages, different cultures and practices have all pointed to a connection between body, mind and soul and the importance of each as a part of the whole. The physical body is affected by the emotions, the thoughts direct how you feel, and your energy level sways your mind and your thoughts.

Thriving for harmony in the soul, mind and body is the key to ultimate wellness and happiness, and an important health goal.

"Wellness is a conscious and continuous process of holistic self-development leading to an enhanced quality of life"



Clearing the Mind & Re-focusing

Mental health influences how you think, feel, and behave in daily life; it also affects your ability to cope with stress, overcome challenges, build relationships, and respond to any adversities. Indulging in art, hobbies and other such creative expressions go a long way in harnessing the power of the mind and help in striding towards well-being.



Nourishing your soul

Just being out in the garden, gazing up at the vast sky, experiencing something new in the way of travel or just having a moment of silence can help you connect with your inner self by enabling you to tap into deeply the held emotions and bringing them to the surface. Developing a healthy relationship with self is highly effective in inducing a sense of wellness and aids in improving health.

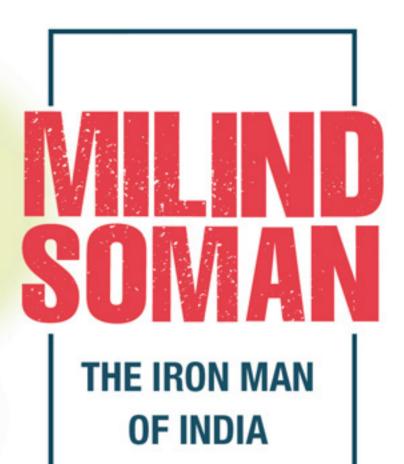


Boosting your body

Our body is the outward expression of both the mind and the soul. A healthy body reflects the internal balance, eating more mindfully, choosing activities and exercises which suit oneself instead of following the fad and ensuring a good sleep help to further maximize the benefits







Supermodel, Actor, Fitness Enthusiast, Milind Soman is known for his healthy pursuits and with credits like Ironman and Marathon Man he has become India's true fitness icon. By initiating Pinkathon, he has proved to be successful in bringing a significant change in women's commitment towards their wellness.

4**|-|**|}

With a message that "people can inspire each other to practice healthy living". Milind tells all about his diet secrets, fighting with smoking addiction, becoming India's running sensation and understanding the connection with self.

From Sportsperson to Supermodel to TV & Movie Star to a Fitness Guru you have adorned many hats in your life. How has your journey been so far?

For me the action never stopped. I learned to be positive right from when I was in competitive swimming. My first love has always been good health. From challenging myself to everything I have done, tried, chosen, experimented with and explored, stems from that. Every day has been a learning experience for me and I feel more physically, mentally and emotionally fitter today than I was at 21.

You are one of the fittest men in India today. How would you define fitness and how important do you think is mental & spiritual fitness?

To me, fitness is defined by how I live my life. It's not about how far I can run or how much weight I can lift but whether I can deal in a positive manner with any situation that life can present, that determines my level of fitness. Of course, I can be a fitter marathon runner or a fitter husband, but fitness is about enjoying the life that I have chosen to the fullest, making the right choices for myself and the people I love.

What is your go-to fitness routine?

Definitely running, for physical, mental and spiritual wellbeing. And of course, never using the lift!

You completed the Ironman triathlon at the age of 50. How did you prepare for it mentally and physically?

I had heard of the Ironman Challenge a few years ago but I was not aware of the individual distances of swimming, cycling and running. For my 50th year, I was looking for an interesting challenge to test myself. I am not much of a cyclist, I don't enjoy it much and had never cycled more than 2-3 km at a time. I had not swum in almost 25 years after giving up competitive swimming in 1988. So when I took up the 3.8km swim, 180km cycling, and 42km run challenge, it was more about first having the belief and the confidence that I could do it. I did a slow simulation of the entire distance to evaluate my fitness level. Then I started training to get better and more comfortable. I developed my own training program and trained for 2 months and 20 days. It was an amazing experience.

You don't follow any diet fads but still, manage to be so healthy. What are your diet secrets?

I eat a lot of simple home-cooked food, lots of vegetables and fruits. I stay away as far as possible from food made with refined ingredients like refined flour, oil, and sugar. I have a sweet tooth so I eat sweets made with jaggery or honey as a sweetener. The secret really is common sense. Eat food that is made from seasonal ingredients and grown locally.

You used to be a smoker but managed to quit. Any tips for those who want to quit on how to kick the butt?

I used to smoke about 30 cigarettes a day and it was a huge struggle to stop. A good strategy that worked for me was procrastination. The urge to smoke usually appears in waves, from time to time. So every time I felt the urge I would tell myself that I would smoke after 10minutes. The number of cigarettes I was smoking went down to about 4-5 cigarettes. After that, it still took me around 2 years of hard mental discipline to finally give up smoking. I have not smoked for 16 years.

You started the PINKATHON. What prompted you to

do so and how do you plan to take this initiative further?

After 10 years of running long distance, I noticed that even though running for health was becoming something of a phenomenon in India, the participation of women in running events was really low, around 6%. I wanted to see if women would respond to a running space that was created exclusively for them. The response was amazing and enthusiastic. Today Pinkathon is held in 8 major cities and it is focused on women from all sections of society, who don't run or exercise. Almost 300,000 women have participated in the run so far. Over the years, the Pinkathon has been a great learning experience. The message is simple, women must begin to value their health and

pledge to spend a little bit of time focused day every on themselves. Women who develop a healthier lifestyle for themselves will lead to healthier families and a healthier and fitter society.

Who have been your biggest inspiration/ motivator?

I see inspiring stories around me everywhere, of people who have made the best of what they have, sometimes unimaginable to heights of achievement. I always make my best and most sincere

effort in whatever situation I find myself in. In the Ultraman Challenge in 2017, which consists of a 10km swim, a 420km cycle ride and an 84km run, the man who finished before me was 67 years old with only one leg. That is inspiring for me.

What is your message to our readers who are striving to achieve a healthier and mindful life in this busy world?

Make health your priority. Understand that mental indiscipline is the greatest danger to our physical and emotional wellbeing. Learn to think, speak and act positively. There are many options today on how you can live your life. Learn to make a habit of choosing wisely every moment.













FITNESS ROUTINE

Definitely running, for physical, mental and spiritual wellbeing. And of course, never using the lift!













How Can I Choose the Best

Mind-Body Therapy

for Me?



Interactions between the Brain, Mind & Body

Mind-body therapies focus on the interactions between the brain, mind, body, and on the ways in which emotional, mental, social, spiritual, and behavioral factors can directly affect health. Therapies come in many forms and techniques these days like hypnosis, visual imagery, meditation, biofeedback, cognitive-behavioral therapies, and spirituality as well as expressive arts therapies such as art, music, or dance. The list also includes practices such as yoga, and tai chi where focused attention on movement, breath, or sound can increase self-awareness and relieve stress and anxiety.

With so many options at our disposal it often becomes confusing to decide on one. This article aims to give you an insight into three main approaches to therapy so it gets easier for you to choose the one that works for you.

Psychodynamic Therapy

It focuses on the unconscious mind and centers on the fact that any negative emotional or behavioral aspects of the individual's life are borne of early childhood experiences which affects one's life and emotions.

Approach of the therapy involves the therapist working with the recurring themes or patterns in the work or life of the individual, a developmental focus on past experiences and interpersonal relationships and exploring how the person may attempt to avoid distressing thoughts, events and feelings

What can Psychodynamic Therapy be useful for?

This approach to therapy has a wide range of applications and, can be used when working with:

- Anxiety disorders (including GAD Generalized Anxiety Disorder)
- Depression





Person Centered Therapy

This approach is mainly focused on the therapeutic relationship formed between the counselor and client, wherein the therapist aims to provide an environment and opportunity for the client to develop a sense of self.

Approach of the therapy emphasizes on talking about feelings and experiences in order to gain clarity and insights. The client is given a comfortable and non-judgmental place to engage with another person in a non-directive manner and is aided in finding their own solutions to their problems.

Therapists that work from this approach aim to offer a true empathic response rather than sympathy for the client's situation, whereby the counselor aims to see the concerns discussed in the sessions from the clients perspective.

What can Person-Centered Therapy be useful for?

Person-Centered Therapy is a widely used approach to work with:

- Low self-esteem
- Relationship issues
- Depression
- Body-image issues

Cognitive Behavior Therapy (CBT)

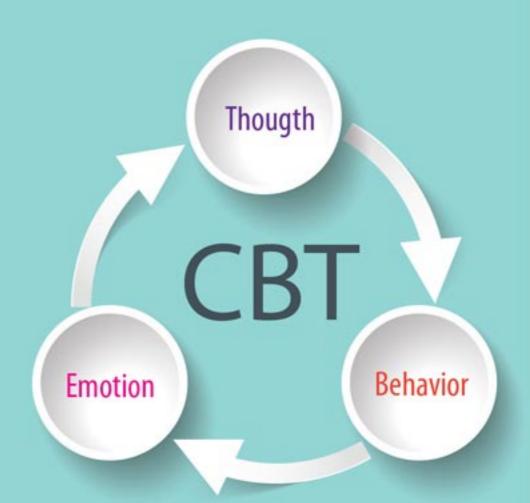
The main focus of CBT is to address dysfunctional emotions and behaviors. The therapist aids in changing thought patterns and beliefs such as catastrophising, magnification of the negative aspects of everyday life and over-generalising with more adaptive, realistic and positive thoughts and actions.

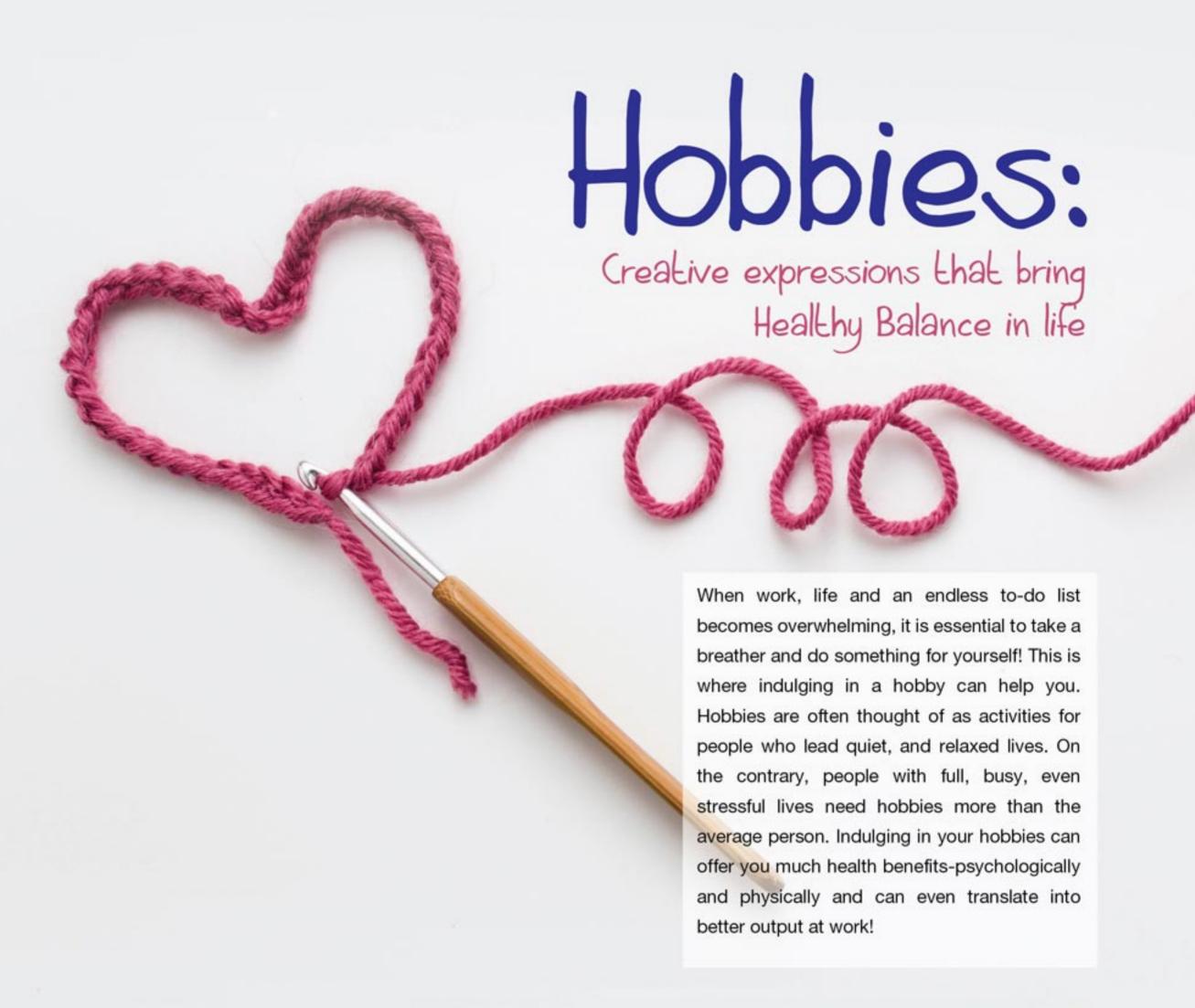
Approach of the therapy follows a structured model whereby specific techniques and concepts are presented during each session. It often involves interactive computer-based tasks in conjunction with face-to-face work with a therapist. The therapist will not tell you what to do, but will show you options of how to do it.

What issues can CBT be useful for?

It has been shown to be beneficial in working with concerns such as:

- Anxiety disorders (Phobias etc.)
- Depression
- Eating disorders
- Personality disorders





Read about hobbies that might be much more to your pastime than the fun factor:



Take up pottery:

Try a pottery class to dive into your creative side for your personal growth and learning. It offers various therapeutic benefits, can improve mood, reduce stress. It is beneficial to those prone to arthritis in the hands, as it promotes joint movement and dexterity. One can also improve focus and learn to cut distractions though it, being able to fully focus on something helps the mind relax and expand, which is helpful in focusing in other areas of life as well.

Learn to cook:

With the fast food culture it has become easy to avoid learning to cook. However, cooking at home can create a healthy body and mind. Cooking can provide a form of meditation. It can melt away the worries and stress as one becomes focused on the task at hand. It's a powerful hobby to deal with depression and anxiety.





Check out the stars:

Looking at the shimmering stars in the vast expanse of the night sky can give you a new perspective on life. Your thoughts might gravitate towards something that needs your attention or something you've never thought about! It can help you feel calm and composed, something which is required in today's busy lifestyle.



Writing:

Incredible powerful form of self-expression and a way to channelize energies. It calls a wandering mind to attention, from passivity to actively engaging with your thoughts. Unlock your creative side with writing and enjoy reduced stress levels, improved memory and better sleep.



Taking care of an animal:

Decreased stress, low blood pressure, reduced level of anxiety, a good night sleep and a feeling of happiness are few of the benefits of taking care of a pet. The calming effects of having a much-loved pet around can also help you manage pain and recover quicker after surgery.



Mastering a new language:

While learning a language can open doors and opportunities for you, it can make you smarter, improve your decision-making, and even keep your brain healthy in old age! Being bilingual can help you focus and filter information better. It provides constant exercise for brain and keeps it active to delay the onset of dementia.



Find a hobby that suits you and your lifestyle and escape from your daily stressors. Instead boost your confidence, health and wellbeing.

Good sleep: Key to a healthy & balanced body!

Reap maximum benefits from your sleep hours by sleeping in a position that makes you feel mentally and physically alert and better balanced. Read below to know few sleeping positions:



It looks like a comfortable position but is the worst of all offering only some benefits.



- Prevents heartburn, thus great for those who have digestive problems.
- · Reduces snoring and sleep apnea



- With all of one's weight dropping to the stomach area, it puts more pressure on the spine.
- Causes neck pain since the head is forced to be turned to one side.
- · You wake up feeling anxious

What you can do:

- Reduce back pain by slipping a pillow under the pelvis and hip area. This will take the pressure off the spine, allowing for the back to stay in a more natural position
- Never use a thick pillow below the head.
 Rather, use a thin pillow or no pillow as it will allow the head to be less severely angled, thus helping to prevent neck pain.
- . Use a bed that is neither too firm, nor too soft.



This one is a safer position as compared to stomach sleeping but does put a lot of stress on the organs of the side you were sleeping on.



- Sleeping on the side, specially left side boosts digestion
- · Improves circulation to the heart
- Keeps the neck and spine aligned



- Puts pressure on the stomach and lungs, hence it's best to switch sides.
- · Puts a lot of stress on the shoulders
- Arm numbness from resting on a single arm for too long

What you can do:

- Find a mattress that's supportive but also gentle under your pressure points, your hips and shoulders.
- You can also use a small rolled towel to fill the space below your rounded areas under your neck and waist.
- Place a soft pillow or folded blanket or towel between your knees to ease pressure on your hips.



Back sleeping is arguably the best position for the spine, since the back and neck remain in a more neutral alignment



- Keeps the spine and neck in alignment
- Helps make breathing easier
- Has cosmetic benefits like clearer, more youthful, and less wrinkly skin



Enhances sleep apnea; those who are suffering from this should switch to side sleeping.

What you can do:

Sleep without any pillows, as this position leaves the neck in a neutral position

REBOOT YOURSELF

→SH THROUGH MEDITATION! →SK

The kind of tight scheduled life we live these days, meditation gives an opportunity to RESET oneself, giving a break to mind, body and spirit, from constant thoughts, actions and emotions. The benefits are immense, be it physical (total relaxation, muscle tension released), mental (calmness), or emotional (feeling state of peace).

You can develop these superpowers through meditation:

We live in times of continuous distraction – our attention span keeps getting shorter. In meditation we train in zooming in our attention to the object of focus (breath, mantra etc.) This ability to zoom in or focus allows us to be more present, become energy efficient, gain better understanding of self, get more clarity and improved decision making.

Zooming out gives us a broader perspective, helping us to be able to free the mind and see the bigger picture. The skill helps in dealing with difficult situations, as it enables us with the ability to see with clarity and serenity. In meditation we train zooming out every time we get stuck in a stream of thought to reclaim our attention.

Ability to ZOOM IN

Ability to ZOOM OUT

Ability to PAUSE

Most of the time we react, rather than respond. In this mode, we are acting on the loudest impulse in our heads. Living a creative and fulfilling life requires us to be intelligently present in the moment and act fresh. For that, the ability to pause is essential. Pausing helps in realigning thoughts and actions, breaking bad habits, finding clarity making and better decisions. In meditation, we train pausing every time we notice that we're distracted, and we interrupt that stream of thoughts.

Ability to change THE MODE

The more we practice the ability to zoom in, zoom out and pause, the more we fine tune ourselves with respect to our response to our environment. As a result, we can take control of our attention and can reclaim the power to decide where it should be focused on. In meditation this ability is exercised every time we gently return our attention back to our chosen object (breath, mantra, etc.), which is more than hundreds

of times!



Art is often considered as the best way to build your emotional strength and you need not be an artist to enjoy the benefits it offers. You can choose to draw, doodle or color to give your mind an opportunity to express in a creative way, while enabling you to tap into deeply held emotions and bringing them to the surface. We have listed a few hacks you can try to channel your emotions and soothe your mind!

If you feel worried

practice ORIGAMI

This ancient paper folding technique has a calming effect on both mind and body and brings a sense of satisfaction and improves perception skills.

Feeling Angry?

Draw lines-straight, curved or diagonal whatever you like.

There is nothing better than drawing lines for every detail that goes through your mind, a harmless way to release rage.

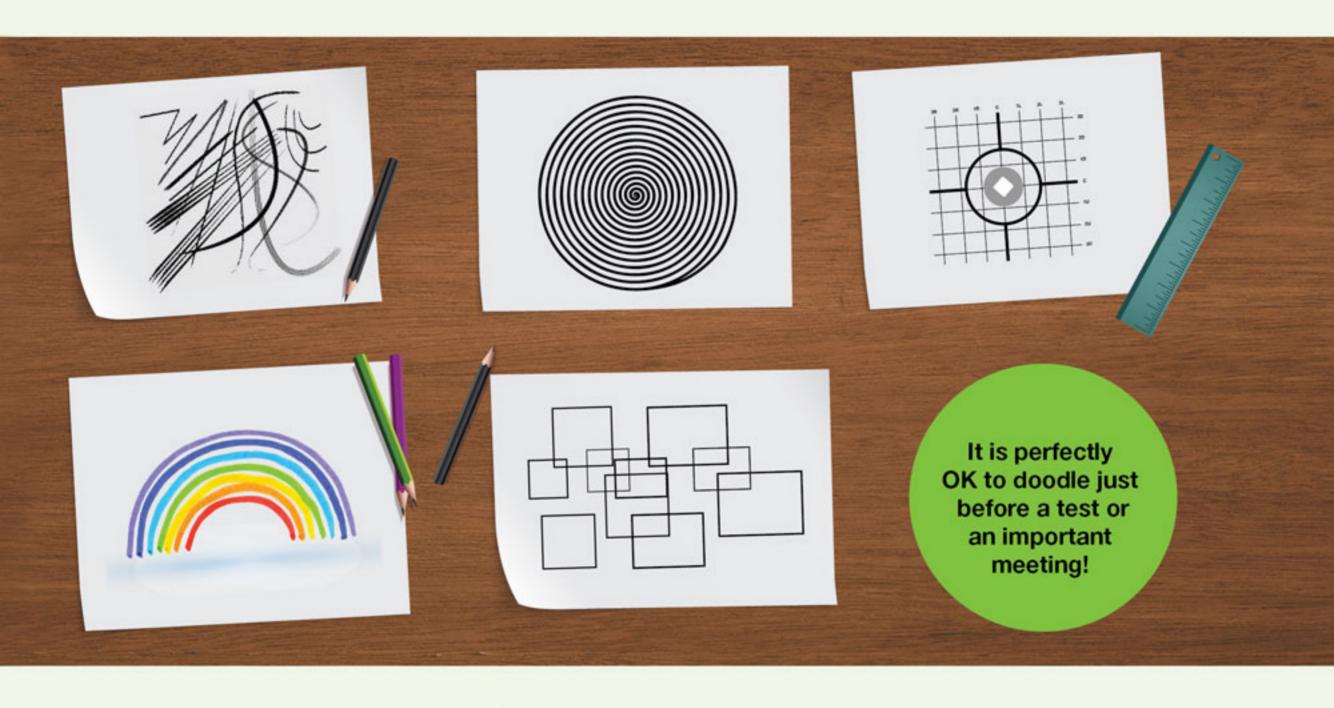
If you feel stuck, draw spirals.

The continuity will inspire you to keep moving, the curvy lines will give you a sense of movement and direction.

Draw grids and a target

to improve your focus.

It allows you to focus on a small segment and helps train your eyes see what's actually there!



A rainbow

to lift up your mood

Draw a rainbow if you are feeling sad.

Colors can instantly uplift the mood,
bring an essential balance between
mind, body and emotions and
promote creative, clear, upbeat
thinking and decision making.

Arrange your thoughts

by drawing squares and rectangles!

These shapes stand for logic and structure and drawing them helps emphasize on organization and striving for completion.

Fitness Today MIND-BODY CONNECTION TO MAXIMIZE —YOUR — WORKOUT R Health Beat 14

Reaping the benefits of the mind-body connection happens even before you step inside the gym! Instead of working out in an automated fashion, bringing more awareness to what you are doing 'here and now' allows you to become fully aware of your body and drives each movement with a purpose. Because workouts don't just push your body and endurance they also help stretch, flex, and tone up your soul.



Focus on the breath

Mindful breathing is as important for any movement based activity as it is for yoga practice. Also, focused breathing is a tool to reduce stress. At the end of each workout, breathe in through the nose and deep down into the belly & exhale fully, letting go of all the air so that the belly softens and hollows out at the end of the breath. This simple relaxation breathing exercise can be incorporated into any fitness workout to cultivate a sense of calm and relaxation.

Use visualization to conquer challenging exercises

The practice of using imagery to influence emotions is a powerful tool which can help you push through a challenging workout. For example, during indoor cycling you can visualize yourself cycling towards the top of a hill and can push yourself to complete the challenging climb. Use this technique to visualize yourself successfully completing the next exercise set during rest periods!





Incorporate balance training into your workout

It is a natural way of slowing down the mind. It is hard to focus on the work to-do list while trying to balance standing on one foot! This is quite helpful for older adults as it is associated with improved cognitive functions.



For the cool-down and stretching portions of your workout sessions, try switching to calm and relaxing music. This will help you relax by bringing down the heart rate, relieve all tensions from the muscle and come back to a resting state.





Meditation

Incorporate simple meditation techniques. Active meditation can be reserved for the cool down segment of a workout session, as a way to transition from the workout back into the normal day.

Apps for — Mindfulness

Mindfulness is the art of disconnecting and attending to what's happening now in the moment. Both technology and mindfulness put together give you a concept of "Modern Mindfulness" helping you learn how to be more relaxed and focused.

Here are 4 apps that will help you practice Modern Mindfulness:



- It helps you sleep longer and better by helping you establish a target bedtime thereby improving your sleep health
- The app will slowly wake you up with a soft, gentle 5 minute revive cycle, designed to ease you into the day
- It also calculates the perfect amount of light sleep needed to recharge oneself



- Explore 100+ guided meditations to manage anxiety and stress
- Offers collection of stories and well-known voices to help people unwind
- Offers 10 minutes of guided video lessons on mindful movement and gentle stretching





Focus Booster

- It's a time tracking app that you can use to adhere to the Pomodoro Technique, maintain your focus and work smarter
- The method is centered upon the concept of 'chunking' your working day into short focus periods, traditionally 25 minutes which should be followed by short, scheduled breaks as this eliminates the likelihood of stress or burnout.

Headspace

This app breaks down a very overwhelming topic into bite-sized pieces with cute cartoons and soothing voice-overs and helps you deal with everything from stress, sleep, focus and anxiety





FOODS that bring Balance Mind & Body



Looking to bring back the balance to the mind and body? A healthy diet can be the answer to that. Many types of foods and herbs are used to bring this crucial balance back, depending on how the body needs it the most. Though each of our bodies is different, there are some foods that work well for us all! Here are a few options which you can include in your diet to bring back the balance



Herbs like oregano, basil, sage, and thyme are some of the most calming and nutritious herbs to eat. They provide satiety and flavor to meals and best of all, they're inexpensive. Herbs like mint and cilantro (along with parsley) can also help keep the digestion flowing well to promote gastrointestinal balance as well. Add a little to your dishes, smoothies, or juices with them if you enjoy juicing.



Grains like oats, black rice, and Pseudo-grains like quinoa, teff, and buckwheat all provide amino acids and protein that the body needs to stay healthy. They also contain B vitamins, fiber, and magnesium, which helps calm you down and provide a natural, steady energy. Enjoy them hot, soaked overnight, or bake them into a healthy breakfast dish of choice.



Fermented foods like dairy, sugary yogurts, coconut kefir and coconut yogurt are some of the best ways to bring that balance. These foods provide the essential probiotics to keep the gut working well and are some of the healthiest options in the plant-based kingdom. A healthy gut leads to a healthy mind, so take care of your micro biomes with these healthy foods.



Greens provide quality minerals that can help curb sugar cravings, thanks to their high magnesium content. They also provide iron for energy, B vitamins for brain and metabolic health, and physically chewing them or drinking them in a smoothie truly does have a cooling, calming effect on the body. Even eating steamed greens like in soup can provide comfort.



Healthy Fats like avocados, olives, raw coconut, and raw nuts and seeds will give your body healthy fats it needs for balance as well. These foods, even in a raw state, provide B vitamins and fats that bring a sense of calmness to the brain. They also help the body absorb nutrients from other food. Healthy fats go a long way, so add just a tablespoon or two to each meal to reap the benefits. Or you can always enjoy them as a raw, healthy snack!





Shifts Perspective



Keep the mind sharp



Opportunity to learn more about self:



Relieve Stress and Boost Mental Health:



Travel broadens your perspectives, not only of the world but also of yourself. You are faced with the reality of living outside your comfort zone, which, as uncomfortable as it is, gives you the opportunity to transform how you see things. People often have epiphanies while traveling, as they are able to view their problems from a more detached view.

Travel promotes brain health and keeps the mind sharp. When your brain is introduced to new experiences and environments it becomes challenged and builds resilience at the cellular level. This increase in cognitive stimulation due to exposure to novelty improves both memory and concentration, particularly in individuals with dementia.

Social aspects of travel like meeting and interacting with new people can enhance your sense of self. Getting out of your social comfort zone and immersing yourself into cultures different from your own, strengthens your personal identity, including your values and beliefs, and get an increased sense of confidence.

Pulling yourself out of your daily routines and into new surroundings resets both your mind and body, resulting in significant stress relief. Travelling can lower levels of depression and improve psychological functioning. Even planning for a trip can boost your happiness! Vacationers are likely to experience less stress and more satisfaction as compared to non-travelers.

Travel promotes physical activity, whether it is rushing through the airport, walking the streets of a foreign land, or climbing a mountain. Physical movement lowers blood pressure and the risk of heart disease and stroke. Those who plan regular getaways are mostly less stressed and less anxious as compared to others who don't!

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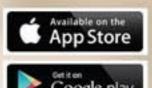
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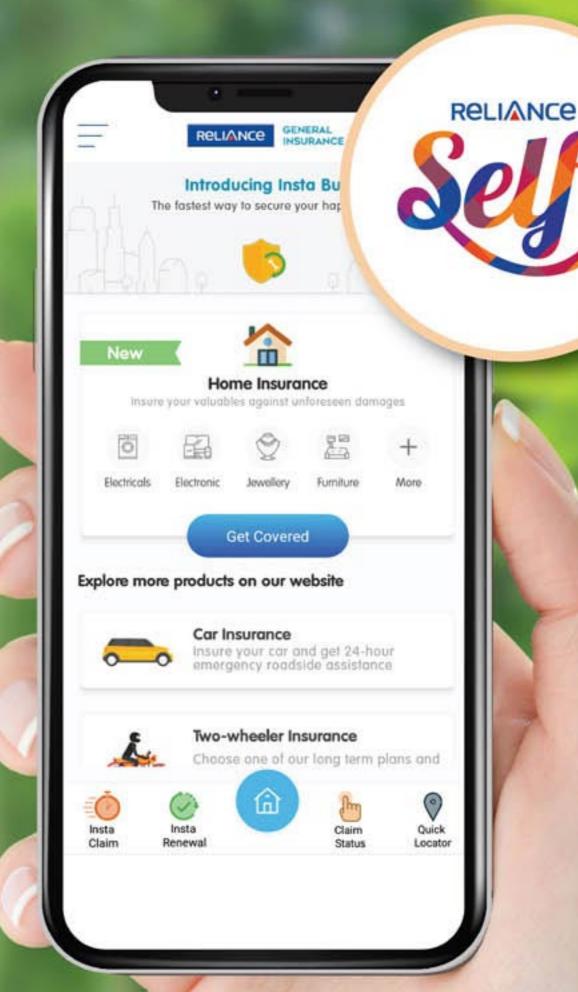
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