

# REIGNITE THE SPARK

WORK. EAT. SLEEP. REPEAT.  
IT'S TIME TO BREAK THE CYCLE WITH  
OUR WELLNESS GUIDE THAT  
HELPS REVITALISE YOU PHYSICALLY  
AND MENTALLY.

**D**o you recall the last time you weren't feeling stressed? Feeling stressed has become as common as breathing and sleeping – and that's obviously not ideal.

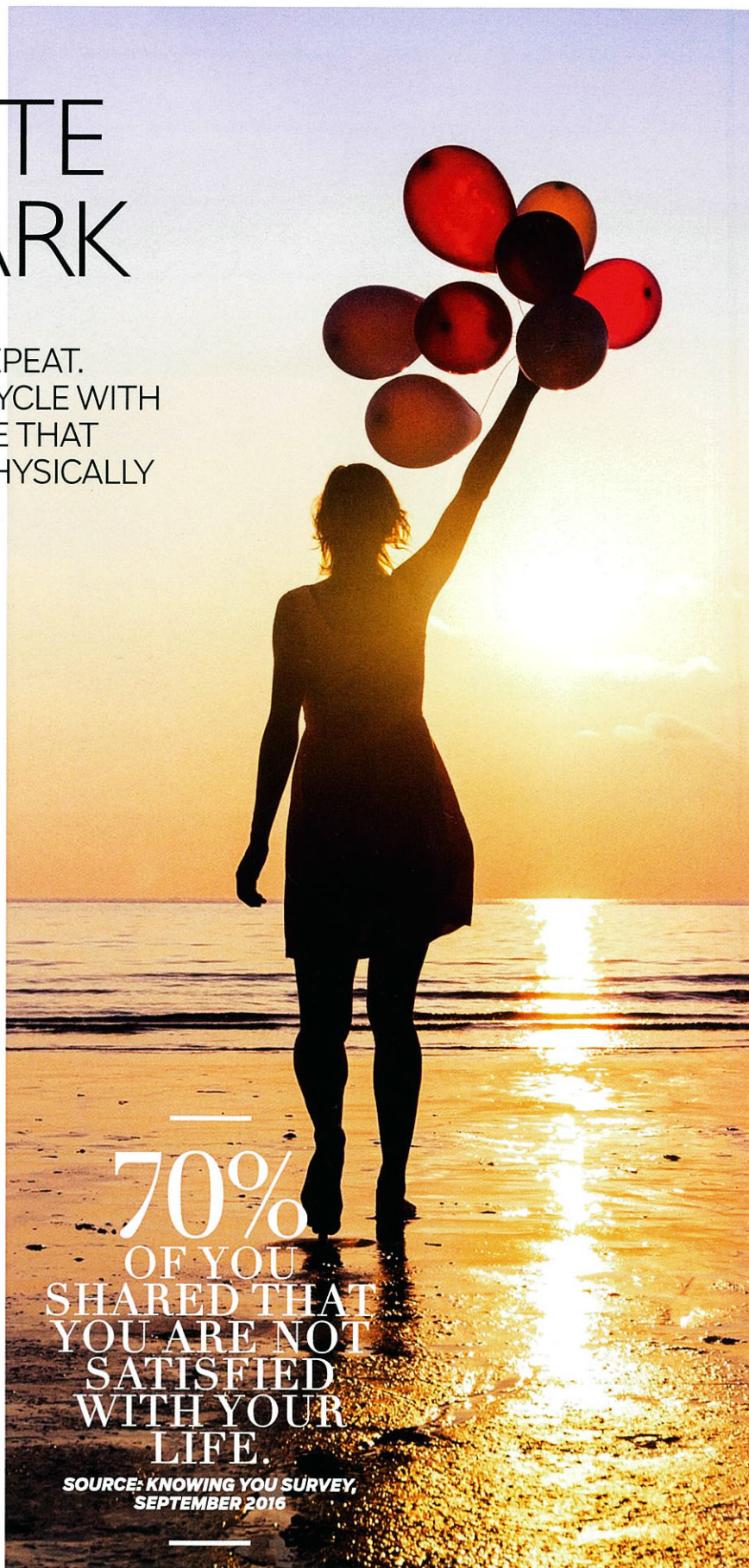
According to a report by Business Insider Malaysia, more than 70 per cent of people struggle with physical and psychological symptoms caused by stress. Meanwhile, research conducted by the Malaysian Psychiatric Association, reported in the *Malay Mail*, revealed a 50 per cent increase in depressed patients from 2011 to 2015 due to work and family stress.

"We are caught in a vicious cycle of overworking and, at the same time, cutting out sleep and rest days as we feel restless and want to get things done quicker," says Alexia Kulterer, a yoga teacher and health coach.

"If the body doesn't get appropriate rest, it switches to 'fight and flight' mode and, in this state, the sympathetic nervous system is at work most of the time. Your heart rate goes up, your digestive system doesn't work properly, you cannot sleep well, and you feel exhausted and anxious."

Unfortunately, people are working longer hours and even responding to work matters during weekends. For working mothers, the demands of family and children are added to the equation.

It's only a matter of time before you physically and mentally burn out. It's time to stop, sit back and re-examine your life priorities. We're not talking about a major overhaul but small changes that could help you rejuvenate your life, and keep your body and mind healthy.



70%  
OF YOU  
SHARED THAT  
YOU ARE NOT  
SATISFIED  
WITH YOUR  
LIFE.

SOURCE: KNOWING YOU SURVEY,  
SEPTEMBER 2016



## LET'S GET PHYSICAL

*DON'T LET FATIGUE AND EXHAUSTION RULE YOUR LIFE.*

### The body on stress

"We have a limited capacity to endure stress. When the body's energy store is depleted, you'll start to feel tired," says Dr Ding Eng Li, chief medical officer at Columbia Asia Hospital in Iskandar Puteri. "This is an indicator that your body needs to recover and refuel before resuming physical activity again. It can occur when there are excessive and prolonged periods of physical stress, or when there is inadequate rest between periods of physical activity."

It's not called the silent killer for nothing as Nabilla Sharil, a yoga instructor, expresses that prolonged stress could also lead to a more serious condition. Chronic fatigue syndrome is typically characterised by frequent loss of concentration or memory, waking up in the morning feeling tired or unrested, frequent headaches or migraines, and random and unexplained muscle pain that occurs without strenuous physical activity. The good news is, it's not too late to ensure your body is given the tender loving care it deserves:

#### 1 GET ENOUGH SLEEP

Good-quality sleep is essential as it calms your mind, replenishes your body's energy, and allows your body to clear out waste. The optimal number of hours to sleep is between seven and nine hours. Do note that too little or too much sleep can actually influence physical exhaustion and fatigue.

#### 2 TAKE SHORT BREAKS

Most of us have sedentary jobs, so take short breaks throughout the day to get up and stretch. This helps your muscles relax and promotes better blood circulation.

#### 3 CREATE ME-TIME

Schedule in some time for yourself, as the demands for your attention do not stop the moment you step out of your office. Make it a point to set aside a few moments to yourself at the end of each day.

#### 4 EXERCISE REGULARLY

"A brisk walk, bike ride or a gentle jog is often enough to get the energy flowing again, even when we feel we are too tired to think about exercise. Be mindful of how your body feels and don't ask too much of it. Light exercise is beneficial to bring new energy into the mind and body, getting blood and lymph flowing effectively," says Stephanie Powell, a health and wellness coach.

### IF YOU ONLY HAVE...



**MINS**

**Practise deep breathing for a few minutes. Find a quiet corner and gently close your eyes. Focus on taking deep breaths and exhaling fully. Repeat for as long as you can or until you feel revitalised. Deep breathing will encourage more oxygen to flow into your blood, helping you to feel refreshed.**



**MINS**

**If you're at home, head for a swim at the nearest pool. If there is a public park nearby and the weather is good, a quick run or cycle would also work to revive a tired mind and body.**



**MINS**

**Some gyms or fitness studios offer classes that run for 45 minutes. These are usually scheduled over lunchtime to cater for the working crowd.**