

Edition: October 2023

# HEALTHLINE

Paramount's Monthly Magazine

*Health  
is the  
greatest of  
human  
blessings.*

*-Hippocrates*

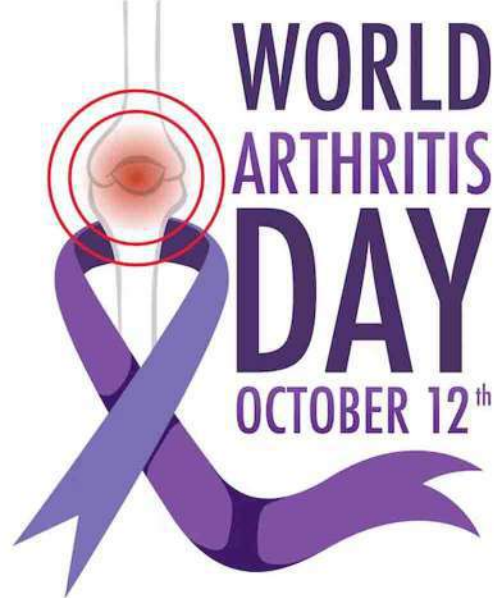


World  
Arthritis Day

Manage  
stress eating

Tips to  
improve EI

Sleep paralysis  
101



**World Arthritis day is a global health awareness event organized every year on 12 October to create awareness about the rheumatic and musculoskeletal diseases,** its impact on one's life and educating people about the symptoms & preventive measures and guiding for the early diagnosis to cope up with any further complications. The day focuses on bringing people around the world on a single platform to raise voice to create enough opportunity to support and provide better treatment options to the people affected with rheumatic and musculoskeletal diseases (RMDs).

### Myth busters about arthritis:

Arthritis is an old-age disease and cannot affect children.

**Fact:** Although there are numerous varieties of arthritis that can afflict both children and young adults, the condition is more prevalent in older people. The most frequent kind of arthritis in children, juvenile arthritis (also known as childhood arthritis or juvenile rheumatoid arthritis), can permanently harm joints.

Exercising will worsen your condition.

**Fact:** Exercise helps lessen discomfort and swelling while boosting strength, range of motion, and flexibility. Inactivity can make the symptoms worse, causing the pain and swelling to worsen. Before you enroll yourself in any exercise program, it is also important to know what your limits are and what level of exercise you can benefit from.

When you start experiencing joint pain, you should wait to see if it goes away on its own.

**Fact:** Absolutely false. Early detection and treatment of arthritis can not only save your joints but also protect other important organs from harm. Some types, like RA, can harm the heart, blood vessels, brain, skin, eyes, lungs, and skin. It is important to identify the type of arthritis you have as soon as possible since many treatments are available, and starting the right course of treatment can help you avoid suffering from long-term effects.

### Self-care tips to manage Joint Pain due to arthritis

- Include a well-balanced diet with plenty of anti-inflammatory foods such as green leafy vegetables, berries, ginger, nuts, legumes, and fibre.
- Prioritize vitamin D and Calcium intake.
- Maintain your ideal weight as carrying excess body weight adds stress to our joints, especially the weight-bearing joints.
- Practice regular physical activity followed by Low-Impact Exercises, which would put less stress on joints. Some of the Low-Impact Exercises that can be practiced on daily basis are swimming, walking and cycling.
- Engage in yoga and meditation to help your muscles relax.
- Stop Smoking.

## Foods to manage stress eating

### 1. Peanuts

They are great in vitamin B6 and magnesium, making them a healthy snack to have mid afternoon. Just a handful of these peanuts should help. Somewhere between lunch and evening snack.



### 2. Cashews

They are known to be rich in minerals like iron and magnesium. They are especially great to help you get out of that afternoon lull or low and dull feeling post lunch. So you can either have them during the day or even right before bedtime. Just a little less than a handful of them.



### 3. Dry coconut

This is another safe and healthy option to help curb stress eating. Dry coconut is known to have good satiety and the lauric acid content in it helps in keeping the skin and hair well balanced and healthy.



If you are still unable to regulate your stress eating, exercising is an absolute essential addition to the daily routine. It helps in down regulating the appetite and also keeps one feeling active and healthy throughout the day. Also, for anyone wondering if these foods are high in cholesterol - They are not! In fact, they contain no cholesterol at all. According to an interview given by celebrity nutritionist Rujuta Diwekar, "Plants produce phytosterol, a plant form of cholesterol. Consumption of phytosterol helps in regulating the production of cholesterol in the body which makes it completely safe for those who suffer from cholesterol problems."

## Top foods to help with tiredness and lethargy

Here are some food options which can help in relieving lethargy, including mental lethargy.

### 1. Aliv seeds or garden cress seeds

They are rich in iron, folic acid and helps in boosting the hemoglobin levels. When there is adequate amount of hemoglobin in the body, then this can make better bonds with oxygen leading to oxy-hemoglobin. This helps in giving adequate amount of minerals and nutrients to all parts of the body, including the brain. The brain then feels energetic, passing on that energy to the rest of the body.

### 2. Usal or whole pulses

You can soak some of it for 5-6 hours. After that, tie them to a muslin cloth and hang it for sprouting. After they have sprouted, turn it into a sabzi or salad. Usually fatigue or lethargy is experienced when there is low intake of minerals, low consumption of protein or amino acids. With these sprouted pulses, this problem is taken care of. They can be had as a mid day meal between 4-6PM and can be had 4-5 times a week.

### 3. Cashews

Low energy levels also come with mental fatigue and cashews help in reviving that. It also helps in increasing the good cholesterol in the body and the magnesium in it helps in relaxation. It can be had as a mid day snack, just a handful. Or can also be had at bedtime with milk.



# Tips to improve EI

**An overview of the importance of Emotional Intelligence for your own success and the success of your organization.**



## Self-Awareness

Self-awareness is the ability to identify and understand your own emotions and the impact we have on others. It's the cornerstone of emotional intelligence and the other components of EI depend on this self-awareness. It all starts with self-awareness, which is foundation of EI, and it builds from there. If you're aware of your own emotions and the behaviors they trigger, you can begin to manage these emotions and behaviors. Our emotions impact our mood, behaviors, performance, and interactions with other people. We all

have emotions all the time, the question is whether you are aware of these emotions and the impact they have on your behavior – and other people. People who are self-aware tend to be more confident and more creative. They also make better decisions, build stronger relationships, and communicate more effectively.



## Self-Regulation

Self-awareness opens the door to self-regulation, which is the ability to manage these emotions and behaviors. Once we're aware of our emotions, we can begin to manage them and keep the disruptive emotions and impulses under control. People with strong self-regulation can pause and take a deep breath in tense and stressful situations which helps them remain calm and think before they speak or act. These people tend toward a positive outlook and are adaptable to a variety of situations and circumstances. On the flip side

those that cannot contain their negative emotions and impulses often set off a chain reaction of negative emotions in others. There's an old adage that people join organizations and leave managers and it's true. So, companies – or managers – that have high turnover rates should take a look in the mirror.



## Social Awareness

Social awareness is our ability to understand the emotions of others and a key component of this is empathy. Jamil Zaki, a Stanford professor and author of *The War for Kindness*, describes empathy as having three components – identifying what others feel, sharing this emotion, and wishing to improve their experience. It's not about how you would feel in their situation, but rather, how they actually feel. People with strong social awareness tend toward kindness. However, this doesn't mean they cannot give others difficult feedback – in fact,

they may be better at delivering this 'tough love' because they understand the other person and want to help them improve.



## Social Skills

Social skills are what separate a great manager from a good one. These skills, which include influence, conflict management, teamwork, and the ability to inspire others, make it possible to build and maintain healthy relationships in all parts of your life. People with strong social skills can make an enormous difference on a team and in organizations because they understand others and act on this knowledge to move people toward a common goal. To improve your emotional intelligence, you need to start at the beginning, with

self-awareness. However, gauging your self-awareness is innately difficult because you don't know what you don't know.

# Sleep paralysis



- Sleep paralysis is a temporary loss of muscle control just after falling asleep or before waking up.
- Sleep paralysis frequently involves hallucinations or a feeling of suffocation.
- No one knows exactly what causes sleep paralysis, but it is linked to sleep disorders and certain mental health conditions.

- People whose sleep-wake cycles are disrupted by jet lag or shift work may be at higher risk for sleep paralysis.

## What is Sleep Paralysis?

Sleep paralysis is identified by a brief loss of muscle control just after falling asleep or waking up. 75% of sleep paralysis episodes involve hallucinations.

### Intruder Hallucinations



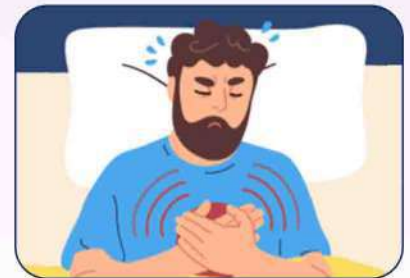
Involves the perception of a dangerous person or presence in the room.

### Vestibular-Motor (V-M) Hallucinations



Includes feelings of movement or out-of-body sensations.

### Chest Pressure Hallucinations



Incites of feeling or suffocation.


## How Common Is Sleep Paralysis?

Prevalence varies, but researchers believe that about 20% of people experience sleep paralysis at some point in their life. There is little data among this group about how often episodes recur. Sleep paralysis can occur at any age, but first symptoms often show up in childhood, adolescence, or young adulthood. After starting during teenage years, episodes may occur more frequently in a person's 20s and 30s.

For any queries/feedback/suggestions for the magazine, kindly write to us at [corp.com@paramount.healthcare](mailto:corp.com@paramount.healthcare)

© All rights reserved. Unauthorized use of this copyright document in any form or by any means is strictly prohibited.

Follow us on:

 [phm\\_healthcare](https://twitter.com/phm_healthcare)

 [ParamountHealthcare](https://www.facebook.com/ParamountHealthcare)

 [blog.paramount.healthcare/](https://blog.paramount.healthcare/)

The content provided herein is/are solely for informational purpose and cannot be replaced by a healthcare expert's advice or judgment. The content is acquired on Good Faith from other sources by purchasing, licensing or freely obtaining them, and we shall not be held liable for any consequences arising on solely relying on this information. We do not claim that this information is an exhaustive compilation; and neither represent nor endorse the accuracy, reliability or authenticity of this information.