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HEALTHLINE

Paramount's Monthly Magazine

“

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity

World Health Organization

”

Be the master of your time

Diet & Nutrition at a glance

"I" Care for Eye Care

Depression Myths & Facts

Be the master of your time!

"If you want to be more productive at work you have to become the Master of your Minutes."

Ideas to keep you on schedule

Set a time limit for each task and work with full focus



Prioritize & highlight the most important tasks



Eliminate time wasters like gossip, extended frivolous chats, browsing internet aimlessly etc.



Create a to-do list and tick as and when you finish the task



Arrive early at work and use first 30 minutes every morning to plan your day



Say "No" where required as you cannot be everywhere at once



Ask for help and where required, delegate the work



Block distractions especially using social media for personal use



Avoid procrastination - Do it now rather than postponing for later



Schedule time for breaks and unplanned tasks



Diet and Nutrition at a glance

Know the primary functions of the six major nutrients



Water

Dissolves and carries nutrients, removes waste, and regulates body temperature



Fats

Provides long-term energy, insulation and protection



Proteins

Builds new tissues, antibodies, enzymes, hormones, and other compounds



Vitamins

Facilitates use of other nutrients; involved in regulating growth and manufacturing Hormones



Carbohydrates

Provides energy



Minerals

Helps build bones and teeth; aids in muscle function and nervous system activity

Know thy body and food

Know and understand the nutritional requirements of your body

Understand the role of essential nutrients in your body

Know the healthy food and their hidden nutritional benefits

Know the junk food and the hidden harmful effects

"This is generic information, please contact a medical practitioner for arriving/prescribing a diet specific to you"



Adopt healthy eating habits



- ✳ Eating healthy portions and avoiding overeating
- ✳ Slowing down speedy eating, and chewing each bite thoroughly
- ✳ Eating healthy unprocessed food preferably home cooked meals

- ✳ Keeping healthy snacks within reach to satisfy hunger cravings
- ✳ Reducing eating out at restaurants or choosing healthier food options
- ✳ Intake of lots of fresh vegetables and fruits every day.
- ✳ Avoid skipping requisite meals i.e breakfast, lunch or dinner



Discard wrongful eating habits



- ✳ Round-the-clock snacking often on high-calorie foods
- ✳ Skipping requisite meals especially breakfast
- ✳ Eating at restaurants and take away food frequently
- ✳ Mindless eating while doing some activity
- ✳ Eating for the temptation and not for hunger
- ✳ Not planning meals in advance
- ✳ Eating beyond one's capacity
- ✳ Eating junk and unprocessed food

"I" CARE FOR EYE CARE



Vitamin and nutrient rich food



Right Sunglasses



Contact lens hygiene



Appropriate computer adjustments



Regular Eye Check ups



Plenty of sleep



Prolonged computer exposure



Sleep with contact lenses



Sharing Contact Lenses



Contact lenses for long hours



Sleep with eye make up



Work in dim light



Common Eye friendly facts

Follow rule 20-20-20



At least every 2 hours, get up and take a 15-minute break. Helps reduce eyestrain

Few Tips on Eye Care



Place cucumber slices on your eyelids for 10-15 minutes to reduce puffiness of the eyes.

Carrots are high in Vitamin A, a nutrient essential for good vision



DID YOU KNOW?

Ophthalmologists :

- Provide general eye care
- Treat eye diseases
- Perform eye surgery.

Optometrists :

- Provide general eye care
- Treat the most common eye diseases
- Don't perform eye surgery.

