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Healthy Living and Well-being

By Nur Ilianis Adnan

I am a big fan of the theme 'Lifestyles and Images' and I quickly grabbed the book, 'How to Live to 100' by Ariane Sherine and David Conrad on my bookshelf. I read this book a couple of years ago and there are around 400 pages with too many beneficial points. However, I am only picking up and sharing a few points which I feel are easy for us to digest.

Family and friends

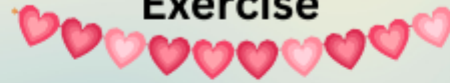
Having a strong support system is a MUST! There will be times in your life where you just feel like the whole world is against you and this is the time you need to have your support system. It does not have to be your ENTIRE family or friends. Sometimes, just that ONE human can lift your mood. Just having people to listen to you even without saying a word is such a blessing because you know there is a shoulder for you to cry on!

KEY: Strong support system





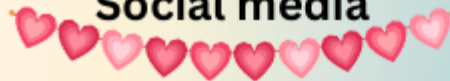
Exercise



Hitting the gym and doing all those high-intensity workouts are not my cup of tea! From my reading, the book suggests we do aerobic exercise which can be in many forms such as cycling, brisk walking, dancing or even pushing a lawnmower. I am still working on this. I guess we can find a lot of brisk walking or slow jogging videos from YouTube. All we need to do is try to put aside 15 to 30 minutes. Let's be healthy together!

KEY: Move it! Move it!

Social media



I think you can guess what I am about to write about social media. It is too cliché but seriously, I think this point is legit. Have you seen the quote, 'Don't compare your behind the scenes with someone else's spotlight'. So, there you go! We tend to compare ourselves (sometimes subconsciously) with others when we look at their social media. Even worse, some comparisons are unrealistic and could be the source of demotivation. I started unfollowing some influencers on social media because at one point I felt like I have not achieved anything when compared to them, but everyone's timeline is different. Hence, I am only following those I feel comfortable following, if you get what I mean.

KEY: Don't compare and unfollow



Drink ~ green tea

A very typical suggestion for a healthy drink – green tea. A large research study in Japan since 1994 investigated whether green tea can help stave off heart problems and cancer. From the research, it was found that green tea consumption was associated with reduced deaths overall and with reduced deaths due to cardiovascular disease. Overall, moderate consumption of green tea as part of a healthy balanced diet may help reduce the risk of cancer, cardiovascular disease and stroke.

KEY: Just start drinking green tea!!

Happiness

I genuinely feel that this point is also related to the previous point (somehow). Comparison. Comparison is such a killjoy. Different people have different definitions of happiness. One person can be very happy when staying at home, while others might feel happy when they are out and about. Happiness is very subjective. Life is short, hence, create your own happiness every day. Of course we are not robots, how can we feel happy every day? Yes, but still, we can always try our best to work towards that. My mood can switch quite drastically when I deal with people because I am a people person. So, I can feel extremely happy and get annoyed easily with people's attitudes. I am FULLY AWARE of that. Because I love myself and I do not want to put my daily happiness at risk, I try my very best to work something out. Like little kids, I try to insert the elements of 'little things that make me happy' in my daily life so that I have something that I will look forward to every day. For instance, I name my Wednesday 'Sponge cake day'. So, every Wednesday I would go to my favorite bakery to get a slice of sponge cake for myself. Try to make every day as special as you can with all the little things that make you happy!

KEY: Create a 'special day' for your every day