Dive Into The Benefits Of Yoga Specifically Tailored To Women's Health

Think of a tightrope walker balancing themselves effortlessly… Well, that's a bit similar to what women do every day – from the boardroom to the living room, playing multiple roles – each demanding a piece of her energy, both physical and mental.

It's like being the star of our own show. But hey! While we are graacefully playing all the roles, where's the spotlight on our wellbeing?

Between family and work, do we pause to consider the strength WE need? Do you give yourself sufficient me-time? One thing you can add to your self-care routine to nurture yourself from the inside out, is yoga. So, read on and shift the spotlight to your wellbeing!

Syncing Yoga With Menstrual Phases

Throughout the menstrual cycle, yoga proves to be a holistic companion, addressing the varying needs of each phase.

In the menstrual phase, relaxation and restoration is top priority! Poses like Child's Pose and Cat-Cow Stretch help achieve the same. Pranayama practice is like a cherry on top as breathwork helps you calm your mind. As energy levels fluctuate during the follicular phase, poses like Surya Namaskars prepare the body for ovulation.

Then comes the ovulatory phase, where you'll probably notice a boost in energy and strength, giving you the chance to put in more effort in your workouts. You can try Pigeon Pose, Warrior II, Bridge Pose and Plank Pose.

The luteal phase knocks at the door with some premenstrual symptoms! You'll feel a slight decline in energy. Restorative poses like Legs Up The Wall, Supported Bridge Pose, Cat-Cow Stretch, Reclining Butterfly Pose can help your body relax.

Stick to your yoga routine throughout the month, and it will feel like having a reliable friend that always knows what you need!

Yoga For Stronger Bones

As women age, their bone health experiences a significant downfall compared to our male counterparts. Blame it on hormonal shifts, declining oestrogen levels, or a higher risk of osteoporosis, but there is a silver lining! Unlike intense workouts, yoga offers a gentler yet powerful approach when it comes to maintaining bone health. Poses like Tree Pose, Triangle Pose, Warrior II, Locust Pose, Legs Up The Wall and Downward-Facing Dog can boost bone density, while building resilience.

Yoga For Breast Health

Every four minutes, an Indian woman faces a breast cancer diagnosis – now that's a serious eye-opener! It's not just a concern for the 40s club anymore; even younger women are in the ring. Though the numbers are alarming, we've got the power to keep our breast health in check! Poses like Cow Face Pose, Warrior II, Cobra Pose, Warrior II, and Bow Pose give a good chest stretch, stimulate lymphatic drainage and strengthen the upper body.

Yoga For Stress

While we are shouldering the weight of multiple roles and responsibilities, stress becomes a familiar guest.

But what is it that invites stress? Well, stress becomes a part of our life when we're unaware of its origin, when we are unaware of our next step. Daily yoga practice will help you become more aware, helping you alleviate stress and promoting inner peace by giving you more control over your mind.

Yoga For Body Image

With mindful moves and self-acceptance at its core, yoga can transform your relationship with your body, making it a powerful ally for overall wellbeing.

As you practise, you will notice how you become aware of your body. When you are aware, you accept. And self-acceptance is a must for self-confidence! Yoga also boosts strength and flexibility, promoting a positive self-image and of course, a better and healthy body.

Always remember, strength isn't just about what we do for others; it's also about cultivating good habits for ourselves every day. And yoga is one such habit that can help all women celebrate themselves! Let's change the definition of self-care and make yoga our superpower.

Your Guide to Nurturing Mental Wellness Through The Journey Of Motherhood

Welcome to the wonderful world of motherhood! It's a rollercoaster ride filled with love, laughter, and sometimes, a little bit of chaos.

According to Archana Singhal, a highly skilled Counselor, Family Therapist and the founder of Mindwell Counsel, amidst all the excitement, it's important to remember to take care of yourself. Let's explore how practising mindfulness can help you nurture your mental wellness on this incredible journey. Ahead she lets us in on the key aspects to keep in mind:

1. Me Time Matters: As a mom, it's easy to put everyone else's needs before your own. But carving out some "me time" is essential for recharging your batteries. Whether it's a hot bath, a solo walk, or just enjoying a quiet cup of tea, make sure to schedule in some self-care.

2. Stress Less: Let's face it, being a mom can be stressful! From diaper blowouts to tantrums, there's always something to worry about. But practising mindfulness techniques like deep breathing or meditation can help you stay calm in the chaos.

3. Feel Your Feels: Motherhood comes with a whirlwind of emotions, from overwhelming love to moments of frustration. It's okay to feel all the feels! Take the time to acknowledge and validate your emotions without judgement. Remember, it's all part of the journey.

4. Set Boundaries: As a mom, it's easy to spread yourself too thin trying to do it all. But setting boundaries is key to maintaining your mental health. Learn to say no to things that drain your energy and prioritise activities that bring you joy.

5. Lean on Your Tribe: They say it takes a village to raise a child, and that's especially true when it comes to mental wellness. Surround yourself with supportive friends, family, and fellow moms who understand the ups and downs of motherhood. Sharing experiences and seeking support can make all the difference.

Motherhood is a wild ride, but practising mindfulness can help you navigate the twists and turns with grace and ease.

By prioritising self-care, managing stress, honouring your emotions, setting boundaries, and leaning on your tribe, you can nurture your mental wellness and be the best mom possible. So take a deep breath, mama, and remember: you've got this!

Transform Your Relationship With These 4 Essential Pillars!

Building a strong and enduring relationship requires a solid foundation supported by key principles that uphold the partnership through both good times and challenges.

Just as a sturdy structure relies on pillars for stability and strength, a healthy relationship thrives on 4 essential pillars:

Commitment

Commitment means you intend to be together no matter what happens. Commitment is the dedication and loyalty that partners have towards each other and the relationship.

It involves prioritising the relationship, being faithful, and working through challenges together, even when things get tough.. A healthy and successful relationship requires commitment from both the partners.

Compromise

By compromise we don't mean what your next door aunty has been telling you for decades. Compromise doesn't mean compromising you needs and desires.

Compromise is the ability to find middle ground and make concessions in order to resolve conflicts or meet each other's needs.

It requires flexibility, understanding, and a willingness to find solutions that benefit both partners.

Forgiveness

Forgiveness is essential for letting go of past hurts and resentments in order to move forward in the relationship.

It involves empathy, understanding, and the willingness to accept apologies and reconcile after conflicts or mistakes. There is no love without forgiveness. One must always have the intention to let go of hurt, resentment and anger.

Effort

Effort is the consistent investment of time, energy, and resources into the relationship to nurture its growth and strengthen the bond between partners.

It involves actively engaging in communication, showing appreciation, and making gestures to demonstrate love and care. Effort in a relationship is vital.

Make an effort to be mindful in your relationship. It is all about being flexible and non -judgmental. Be observant and be an attentive listener.

Be aware of your loved one's emotions, accept the person without expecting any changes in them. Be patient. One must make an effort towards all these.

Here Are Essential Kids Skincare Basics Every Parent Should Know

As a parent, ensuring the well-being of your child becomes a top priority. While you may pay close attention to their nutrition, education, and overall health, it's also essential to prioritize skincare. "Their delicate skin needs extra care to keep it healthy and protected. Let's explore the five fundamental kids' skincare, which every parent should know to make sure their child's skin remains healthy," advises Prasanna Vasanadu, Parent Educator and Founder of Tikitoro who shares some fundamental kids' skincare basics that every parent should know:

Understanding Kids' Skin

Children's skin is more prone to irritation and allergies, and it is very different from that of adults. Understanding your child's unique needs is crucial for the parents in choosing gentle, non-irritating skin care products.

Gentle Cleansing

Unlike adult skin, children's skin is delicate and more prone to dryness, irritation, and allergies. To keep your little one's skin healthy and comfortable, gentle cleansing is essential. This involves using kid-friendly cleansers that are free from harsh chemicals and fragrances. These gentle cleansers help maintain the skin's natural balance, preventing dryness or excess oiliness.

Moisturizing Routine

Using a kid-friendly moisturizer with benefitting ingredients and without strong fragrances helps maintain the skin's natural balance, preventing dryness and creating a soft, comfortable feeling. But the benefits extend beyond just healthy skin! A consistent moisturizing routine teaches valuable lessons. By taking care of their skin, they start building positive associations with self-care, fostering a sense of responsibility for their bodies.

Sun Protection

Sun protection is crucial for children's delicate skin, reducing their risk of sunburn, premature aging, and even an increased risk of skin cancer later in life. This makes them more prone to sunburn, premature aging, and even an increased risk of skin cancer later in life.

Teaching Healthy Habits

Nurturing healthy habits in children goes beyond just what they eat. Instilling a routine of good personal care early on sets the stage for a lifetime of well-being. Here's how you can guide your little ones towards healthy habits:

- Make it fun and engaging: Transform routines like handwashing and teeth toothbrushing into playful activities. Sing songs, use colorful timers, or create a sticker chart to celebrate progress.

- Lead by example: Children are natural observers, mimicking the behaviors

they see around them. Make healthy habits a part of your own daily routine and involve your child whenever possible. - Be patient and consistent: Establishing new habits takes time and repetition. Celebrate their efforts and offer gentle reminders when needed.