

VitaMin

Vital health information in a minute

Pull the plug on technology



Texting. Typing. Updating. Downloading. Chances are you spend a good part of your day online, on the phone or sitting in front of the TV. And while all that technology keeps us connected, it also zaps our health. Studies have shown that the more TV you watch, the more likely you are to develop diabetes, heart disease and other health problems.

Mind your health

So what's a plugged-in person to do? It's simple: unplug. Step away from the screen and take a look at what's going on around you. It's called mindfulness. And it has been shown to help:

- Manage stress
- Cope with illness
- Reduce anxiety and depression
- Make you feel better about yourself
- Give you a more positive outlook on life

Mind your mindfulness

Now that you've powered down, here are some simple ways to power up your mindfulness:

1. Take some deep breaths to clear your mind and re-energize your body. Breathe in through your nose

for four seconds. Hold it for one second, then exhale through your mouth for five seconds.

2. Go for a walk. It's the perfect way to explore what's going on around you. Take a look at the sights and sounds. Let your mind wander, but try not to dwell on negative thoughts.
3. Think about your food. Each bite of food can be a new experience. Savor the taste. Feel the texture. And tune into your body's cues that tell you when you're full.

You can also look around your town for places that promote mindfulness. This can include yoga classes, a meditation center and stress reduction programs.

Sources:

<http://nccam.nih.gov/health/meditation/overview.htm>

<http://newsinhealth.nih.gov/issue/Jan2012/Feature2>

<http://www.diabetes.org/news-research/research/access-diabetes-research/can-tv-watching-increase-the.html>

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