

#LIFEHACKS

Do you need to cut back on your phone habit?

Even if there are no notifications or alerts, most individuals check their phones every 15 minutes. Anxiety has developed around our collective relationship with technology to the point that we fear losing out if we do not check in as frequently as we believe we should. Spending too much time on your phone is not just a waste of time, but also a mental drain. Using social media often has been linked to negative outcomes in research examining psychological well-being. It is a good idea to understand and look into minimising your addiction to the smartphone.

There are a variety of applications that can track how often and for how long you use your phone. Seeing the figures may put down your phone even if you do not believe you use it too much.

Turn off alerts

When your phone is not constantly beeping, ignoring it is easier. You will still see them when you check your phone, but you will feel better and get



more done if you wait. You can also customise your phone's settings to allow only certain types of texts, such as those from loved ones.

Put a rubber band on your phone

This hints at stopping mindless processing. Need your phone? A screensaver may ask about a rubber band. Do this to avoid wasting 45 minutes on random photos.

Get an alarm clock

When you use your phone as an alarm clock, you increase your chances of getting lured into checking your messages and social media first thing in the morning. On the other hand, using an alarm clock can buy you a few extra minutes without reaching for your phone. An alternative is to leave it charging in a different room and check it at a certain time in the morning.

Go cold turkey

Some experts recommend going three days without using your phone. This can assist you in breaking harmful phone habits and replacing them with other, healthier activities. You may ease back into using it by doing only calls and messages first, then gradually starting to do additional things if you decide you want to.

Time away from technology

If you cannot picture living without your phone for three days, schedule phone-free hours in your home. (You might also wish to include other digital gadgets.) That may

be an hour or two before supper each evening or every Sunday afternoon. Go for a stroll, play cards or a board game – anything that allows you to converse and interact with one another.

Plan offline fun

Try something as simple as reading a book or taking your dog to the park. There is no need to share photos of this on social media. Instead, invite some friends to join you for coffee or a jog so you can meet them in person. Tell them you are turning off your phone, and they may follow suit.

Create phone-free zones

Taking your phone out in the restroom is not a good idea. Keeping your phone out of certain elements of your life might be beneficial, mostly for basic hygiene reasons. Meetings, playtime with your children, and driving are examples of such activities. It's a good method to acclimate without it for small periods.

'Do not disturb'

Some cell phones offer a 'do not disturb' option that limits some features at a predetermined time daily. Stop calls and alerts between 5 and 9 PM and after midnight.

Delete apps

Games meant to keep you coming back can't if they're gone. You can browse social media on your computer and use your

phone for phone, text, and email.

Helpful tools

Some applications can limit your time on your phone by locking you out at certain times or after a certain period. Others encourage or reward you for things like walking 5,000 steps a day.

Right talk

If you say, "I don't check my phone during dinner," you are more likely to leave it in your pocket. Scientists do not know why "can't" makes a difference; it may imply denial.

Manage expectations

Tell them if you want to spend less time on your phone but are worried others will think you are impolite. Say you are attempting to stop your phone habit and will not respond for a time.

Get a 'dumbphone'

If a pocket-sized computer is too tempting, a phone that merely calls and texts may help. It cannot download apps or access the Internet, but it's cheaper and might set you free.

Learning to use our cell phones properly may be one of the most critical life skills we can acquire. Do not confine yourself to the technological cage; enjoy your surroundings.

By Dr Ramisha Maliha
Photo: Collected

#HEALTH & FITNESS

Over 50? These problems can sneak up on you

Ageing obviously causes the body's internal organs to age as well, and creates a variety of health issues in elderly life. According to the National Council on Ageing, about 92 per cent of the elderly have at least one chronic condition, and nearly 77 per cent have two or more.

Here are some of the most prevalent health problems that older adults face.

High blood pressure

As you age, your blood vessels become less flexible, which strains your circulatory system. Two-thirds of over-60 persons have high blood pressure. Other factors are controllable. Watch your weight, exercise, quit smoking, manage stress, and eat well.

Diabetes

Diabetes is a common incidence as age increases. Diabetes can cause heart disease, renal damage, and blindness. Check your blood sugar with your doctor.

Heart disease

The accumulation of plaque in your arteries is a primary cause of heart disease. It begins in childhood and worsens with age. Heart disease affects roughly 20 per cent of males and 9.7 per cent of women between the ages of 60 and 79.

Obesity

If you weigh far more than is appropriate for your height, you may be termed obese; it's not simply a few extra pounds. At least 20 chronic illnesses have been associated with it, including heart disease, stroke, diabetes,

cancer, high blood pressure, and arthritis.

Osteoarthritis

Once, doctors blamed the joint illness on ageing. Genetics and lifestyle may also be factors. Joint injury, lack of exercise, diabetes, and obesity can all contribute.

Osteoporosis

Osteoporosis weakens your bones, which can lead to fractures. A balanced diet rich in calcium and vitamin D (both are required for strong bones) and frequent weight-bearing activity, such as dancing, running, or climbing stairs, can assist.

Chronic obstructive pulmonary disease (COPD)

This promotes inflammation and prevents air from entering your lungs. It's a slow-moving condition that can go undetected for years; symptoms generally appear in your 40s or 50s. It can cause difficulty in breathing and cause you to cough, wheeze, and spit up mucus. Exercise, a nutritious diet, and staying away from smoking and pollution can all help.

Hearing loss

Nothing indicates "you're getting older" like repeatedly asking, "What did you say?" Loud noises, sickness, and your genes all contribute to gradual hearing loss. Some drugs might also cause hearing difficulties. Consult your doctor if you cannot hear as well as you used to.

Vision problems

The bothersome blurriness you experience



while trying to read the small print on labels or menus is not the only threat to your eyesight as you age. Cataracts (clouding of the eye's lens) and glaucoma (a group of eye disorders that affect the optic nerve) can impair your vision. Regular eye exams should be scheduled with your eye doctor.

Bladder problems

Incontinence, either in terms of not going when you need to or going too frequently, is a common concern as we age. Muscle weakness, nerve damage, tissue thickening, and an enlarged prostate are all potential causes. Reducing coffee intake or avoiding heavy lifting are just two examples of lifestyle adjustments that might be helpful.

Cancer

The greatest cancer risk factor is just becoming older. The risk increases dramatically between the ages of 45 and 54. Although you have little say over the passage of time or your genetic makeup, you may influence risk factors like smoking

and sun exposure.

Depression

Depression is one of the most frequent mental diseases among adults aged 18 and above. Some individuals get depressed as they age, health difficulties arise, loved ones die or move away, and other life events occur.

Back pain

This is very common as people age. Being overweight, smoking cigarettes, not getting enough exercise, and having preexisting conditions like arthritis or cancer all increase the risk. To keep your bones healthy, it's important to maintain a healthy weight, exercise regularly, and consume enough vitamin D and calcium. In addition, work on your back strength; you will be using it a lot.

Dementia

Alzheimer's disease is a kind of dementia that typically does not manifest itself in people until they are 65 or older. It is not in your power to alter some risk factors, such as your chronological age or family history. However, there is some evidence that a heart-healthy diet and monitoring blood pressure and blood sugar may be beneficial.

Keeping aware of the common health problems seniors might face helps plan for prevention and stay prepared for any impending health emergency.

By Dr Ramisha Maliha
Photo: Collected