

Edition: January 2022

HEALTHLINE

Paramount's Monthly Magazine

*Tomorrow
is the first blank of a
365 page book.
Write a good one!*

- Brad Paisley

New Year
New Beginnings

Omicron
Updates

Anxiety
Myths & Facts

Yoga for
Weight Loss



Paramount family wishes you and your loved ones a wonderful 2022! Here's wishing that you have a healthy year ahead and hope you are following safety protocols to keep you and your loved ones safe. It's been two years since the pandemic and a lot of us are still processing the new normal. With new variants of COVID-19, the pandemic seems never-ending and it can get overwhelming to deal with the updates and news. However, spending quality time with family and friends can help in coping with the distress of the pandemic.

Here are some take-aways from the pandemic that we can reflect upon:

“
 What do I want to keep from changes I made to cope with the pandemic?
 ”

“
 What do I want to reclaim from the pre-pandemic time?
 ”

“
 How would I “build back better” if I were in charge of the world or my neighbourhood?
 ”

These questions may help you find some answers and help you get some certainty in these times of unpredictability. If you are dealing with some overwhelming emotions, it is important to speak to a professional about the same.



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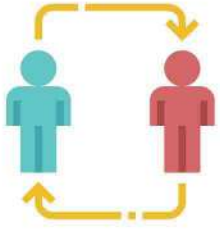
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OMICRON UPDATES

Here's what we know so far about the Omicron variant:



- **Transmissibility :**

It is not yet clear whether Omicron is more transmissible (e.g., more easily spread from person to person) compared to other variants, including Delta.

The number of people testing positive has risen in areas of South Africa affected by this variant, but epidemiologic studies are underway to understand if it is because of Omicron or other factors.

- **Severity of disease :**

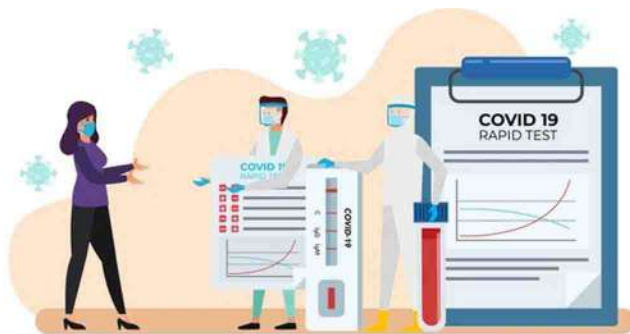
It is not yet clear whether infection with Omicron causes more severe disease compared to infections with other variants, including Delta. Preliminary data suggests that there are increasing rates of hospitalization in South Africa, but this may be due to increasing overall numbers of people becoming infected, rather than a result of specific infection with Omicron. There is currently no information to suggest that symptoms associated with Omicron are different from those from other variants. Initial reported infections were among university students—younger individuals who tend to have more mild disease—but understanding the level of severity of the Omicron variant will take days to several weeks. All variants of COVID-19, including the Delta variant that is dominant worldwide, can cause severe disease or death, in particular for the most vulnerable people, and thus prevention is always key.



- Preliminary evidence suggests there may be an increased risk of reinfection with Omicron (ie, people who have previously had COVID-19 could become reinfected more easily with Omicron), as compared to other variants of concern, but information is limited.

- **Effectiveness of vaccines:**

Vaccines remain critical to reducing severe disease and death, including against the dominant circulating variant, Delta. Current vaccines remain effective against severe disease and death.



- **Effectiveness of current tests:**

The widely used PCR tests continue to detect infection, including infection with Omicron, as we have seen with other variants as well. Studies are ongoing to determine whether there is any impact on other types of tests, including rapid antigen detection tests.

getting covid vaccine



Irina Blok



Myth : *Anxiety is no big deal.*

Fact : *Anxiety can cause significant problems to your health.*

Many people experience anxiety in everyday situations, such as when they're taking a test or going through a job interview. But anxiety can become a problem if it starts to affect your ability to go through everyday life.

Anxiety can cause behavioral and emotional symptoms like persistent worries, fears, and thoughts. It also can cause physical symptoms like rapid breathing, sweating, tense muscles, and headaches. It can affect your eating and sleeping.

It's important to talk to your doctor if you think your anxiety is causing you bigger problems.

Myth : *Anxiety is a problem mostly for adults.*

Fact : *Anxiety affects both children and adults.*

Although anxiety is the most common mental illness for adults, it's also common in children. About 7 percent of children aged 3-17 years old (about 4.4 million kids) have diagnosed anxiety, according to the Centers for Disease Control and Prevention (CDC).

Anxiety can cause children behavioral, emotional, and physical symptoms in children, just as they can in adults.

Myth : *Anxiety and depression are unrelated.*

Fact : *Many people who suffer from anxiety also suffer from depression.*

It's common for people to have both depression and an anxiety disorder. According to the ADAA, 50 percent of people with depression also have a diagnosed anxiety disorder.

And it's not just depression. According to the ADAA, anxiety is related to several other mental and physical health conditions:

- Bipolar disorder
- Substance abuse
- Attention deficit/hyperactive disorder
- Eating disorders
- Headaches
- Irritable bowel syndrome
- Sleep disorders
- Chronic pain
- Fibromyalgia

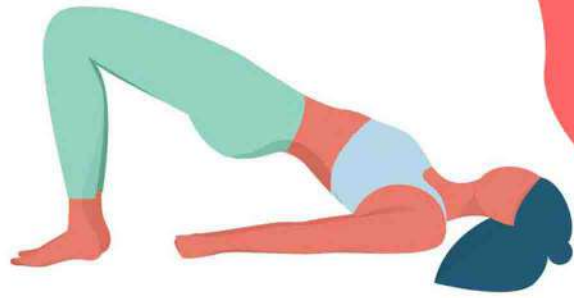
Myth : *I can get rid of my anxiety with a healthy lifestyle.*

Fact : *While you may be able to lessen your anxiety, it may not be cured.*

Maybe you feel better after getting some exercise, or eating healthy, or getting a good night's sleep. Maybe you cut out caffeine or other stimulants. Maybe you may choose to try natural or homeopathic methods to manage your symptoms, such as meditation, dietary changes, engagement in preferred hobbies or activities, or deep breathing. Maybe you avoid stressful situations altogether.

While doing some or all of that may make you feel better in the moment, it won't cure your anxiety disorder. It's important to seek out professional treatment to confront the causes of your anxiety disorder, instead of just trying to reduce stress.

YOGA FOR WEIGHT LOSS



When it comes to weight loss, yoga is not favoured by many as an effective workout to shed kilos. The low-impact exercise has undoubtedly gained popularity across the globe but is known mostly to increase flexibility and calm your mind. Contrary to popular belief, yoga can help to burn tons of calories and drop a considerable amount of weight. All you need to do is choose the right kind of yoga asanas and perform it correctly.

Setu Bandha Sarvangasana or Bridge Pose

Step 1: Lie on your back with your knees bent and feet placed firmly on the ground. Your legs should be slightly apart and arms resting by your side.

Step 2: Press the feet into the floor, inhale and lift your hips up rolling the spine off the floor.

Step 3: Press your shoulders and arms on the ground to lift your chest.

Step 4: Engage your legs and butt muscles to lift your hips higher.

Step 5: Hold this position for 4-8 breaths, then return to the starting position.

Other asanas to try:



Utkatasana
or chair pose



Trikonasana or
triangle pose



Virabhadrasana
or warrior



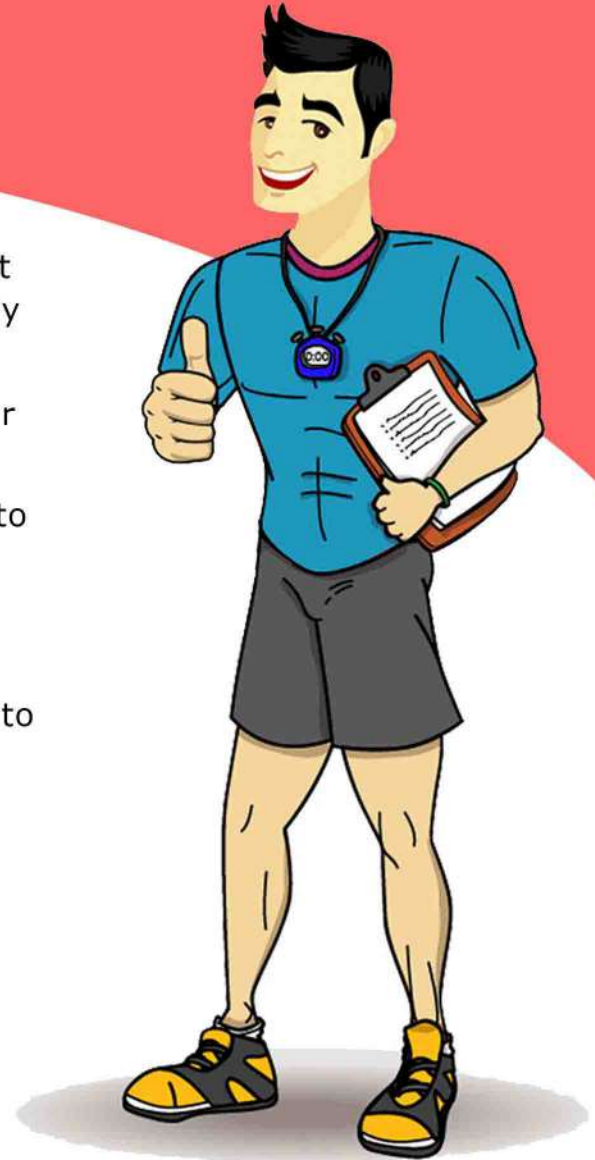
Dhanurasana or
bow pose



Bhujangasana
or cobra pose



Navasana or
boat pose



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