

Illustration: Kinjal Agarwal, AIS Gur 43, X C

Going anti-anxiety

Here's To Living A Good Life

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In our fast-paced world where living with anxiety feels like the new normal, finding ways to navigate through it is key to leading a calm and fulfilling existence. For anxiety becomes an issue when it interferes with one's daily life. So, let's dive into some anti-anxiety tips to help you cope with such situations and set the stage for your long-lasting well-being.

Stay physically active: It's not just about burning calories, regular exercise does wonders for stress, too. It pumps up your self-worth and gives your brain a boost. Plus, endorphins and serotonin released during physical activity also enhance one's overall mood.

Breathing techniques: Ever tried the '4-4-5' or '4-7-8' breathing techniques? They are more like a mini vacation for your nerves. Inhale, hold your breath, and exhale in the intervals mentioned. It's a complete game-changer to keep your anxiety under control.

The 333 rule: When

things get overwhelming, try the 333 rule. Look around and name three things you see, hear, and touch. It involves focusing on your surroundings, thus helping you zero in on what's stressing you out exactly.

A good sleep routine: A healthy sleep routine is a cornerstone for better time management, better mental health, and a happier you. Good sleep is your foolproof ticket to a less stressed and more energised life.

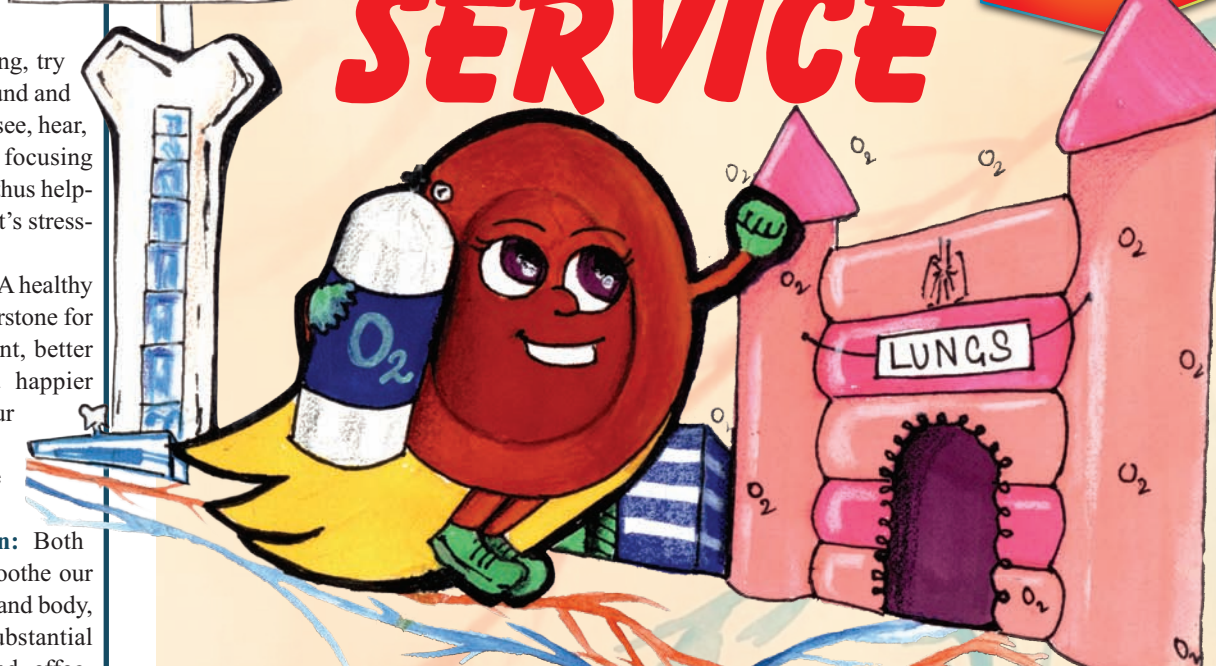
Yoga and meditation: Both yoga and meditation soothe our nervous system, mind, and body, allowing us to have substantial control over them and effectively reduce the release of stress hormone cortisol. This empowers us to balance the feelings of anxiety.

Maintaining a healthy diet: Being mindful about what you eat is a must. Consumption of certain foods such as alcohol, caffeine, excessive sugar and oil etc., are known to trigger anxiety. Along with this, poor hydration and low blood sugar can contribute to the trigger.

Journalling and socialising: Don't be shy about sharing what's on your mind. Whether it involves writing it all down or having a heart-to-heart with someone you trust, expressing your emotions is a powerful antidote to anxiety.

Though these techniques can assist you in coping with stress and anxiety in your day-to-day life, there's no shame in reaching out to professionals if needed. Remember, taking care of your mental well-being is the ultimate secret sauce that goes into leading a happy and healthy life.

BONE MARROW



Adventures In Wonderland - The RBC Way!

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Once upon a time in the bustling city of Organville, there lived a little red blood cell named Ruby Woo. Ruby wasn't your average cell - she was full of spunk and had a flair for adventure. So, while her fellow cells sluggishly floated through the bloodstream, Ruby would zip around with the energy of a caffeinated cheetah.

Every morning, she would hop out of bed in the bone marrow, sporting her stylish oxygen molecule backpack and a mischievous grin on her membrane, all set to conquer the day. "Time to deliver some oxygen, baby!" she would exclaim, high fiving her cell buddies before zooming off into the bloodstream.

As Ruby travelled, she would marvel at the magnificent architecture of the blood vessels. It felt like a tour through a bustling metropolis, complete with highways, side streets, and even the occasional 'Do Not Enter' signs. Like a blood carrying Tarzan, she would swing from artery to artery, dodging white blood cell bouncers and platelet traffic cops along the way.

Arriving at the lungs, Ruby would often stop to take a deep breath - her cheeks blushing with

excitement - before diving into the alveoli. It was like landing in a bouncy castle filled with oxygen molecules. Ruby would then stretch out her tiny hands to scoop in some oxygen, just like a kid in a candy store. "Oxygen, come to mama," she would chuckle, strapping her backpack filled to the brim with the bustling molecules.

With her oxygen-packed backpack, Ruby would then race through the bloodstream, giggling as she passed the heart, which pumped her and her red cell buddies like a DJ pumping up the volume. "Yes! Keep the beat, baby!" she would shout, shaking her cell-shaped maracas to the rhythm.

But Ruby's fun didn't

end there. As she arrived at each destination, she played the role of an oxygen superhero, saving the day for the oxygen-deprived cells. She would swoop in, delivering oxygen like a tiny caped crusader, and watch with satisfaction as the grateful cells danced in delight. "You've been saved by the Ruby Woo oxygen express!" She would exclaim, striking a superhero pose before zooming off to her next mission. Of course, being a responsible

The science of it

Red blood cells deliver oxygen to the tissues in our body and carry CO₂ to our lungs for our body to exhale it.

cell, Ruby knew she couldn't just drop and run. She had a return trip to make, after all. So, she would gracefully collect carbon dioxide waste from her neighbouring cells, like a conscientious garbage collector. "Time for a clean sweep, folks! Carbon dioxide, hop on board!" she would announce, twirling her oxygen backpack like a pro. Back in the lungs, Ruby would unload the carbon dioxide waste with a theatrical flourish. "Ta-da! The grand finale! Let's kick that CO₂ to the curb!" she would exclaim, tossing the waste aside like a superstar discus thrower. Ruby's adventures continued day after day, making oxygen deliveries with her signature pizzazz. Her infectious energy spread through the bloodstream, inspiring other cells to join in the fun. Together, they formed a red cell parade, dancing and singing as they circulated through Organville, bringing life and vitality in every nook and cranny.



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