

# Are you 'Chilled Out' or 'Hot Headed'?

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**W**ith the humidity consistently rising up outside, we naturally tend to get restless, impatient and short tempered. And depending on how we react to situations, people perceive us as chilled out, cool or hotheaded. Take this quiz to find out how you are likely to be perceived by the others:

1. You come back home after a long day and find that there is no electricity and the inverter is not working either. To make matters worse, your cook has taken off too. You will

a. Start fuming at everyone and leave at once without thinking about others

b. Order in some food but continue to stay a little irritated

c. Freshen up and head out for a lovely dinner with your family

2. You are very excited about the weekend getaway

trip that you have planned with your spouse. But on Friday morning you receive the news that few guests are on their way and would reach your place in the evening and stay back till Saturday evening. You will

a. Make it obvious that their presence is unwanted and ask them to make other arrangements as you will be heading out shortly.

b. Alter your plans grudgingly and try to be diplomatic with your guests, managing with a little hospitality and little pretence.

c. Accept the situation, cancel your holiday plans

and try to entertain your guests and yourself as best as you can.

3. You are already late for a formal party and to make matters worse, you get caught in terrible traffic. You will

a. Start getting jittery and go on an endless crib trip

b. Try to keep yourself busy with the radio, mobile or i-pod

c. Inform the hosts that you will be late and then try to chill out with some great music

4. Due to some last moment changes for a social get-together, you are kept waiting for an hour with some strangers by the hosts. You will

a. Leave the place immediately after giving them a piece of your mind

b. Stay back angrily and make your displeasure clear before others

c. Start a casual conversation with the people present there

5. You reach a place and find the lift not working and you have to go to the 9th floor. You will

a. Huff and puff and start cursing everything

b. Think of some alternative arrangement to avoid climbing the stairs

c. Get yourself a bottle of juice and climb the stairs slowly, humming a good tune

### Now see your scores

- If you have maximum number of 'c'- you are truly a chilled out person
- If you have maximum number of 'b'- you are cool but you could get cooler
- If you have maximum number of 'a'- you are too hot headed and need an AC 24x7.

### Cool that 'steaming-unit' NOW!

There are days when things just don't go right. But still, we wouldn't like to match our temper with the temperature outside. Follow these five steps to cool your mind to cope with the sultry summers:

- Start your day with early morning exercise. Let the body sweat and take out the toxins. The fresh air in the morning will make the feel good hormone active and help you to stay cheerful throughout the day.

- Follow your exercising routine with these easy to practice *pranayams* like Sheetali, Sheetkari and Bhramari to provide deep rest to your mind. Sheetal and Sheetkari refresh your mind, cool down your system and quench your thirst. Bhramari has tremendous calming effect and can be practiced at a peaceful place at other times too, to get relief from anxiety and stress.

- When you face a difficult situation, close your eyes, take a deep breath and count till 50 to gain control of your sensibilities. Now open your eyes, judge the situation neutrally and think twice before you react.

- Try to inculcate the habit of thinking optimistically all the time. It may sound a little difficult but is not impossible. People who think positive stay cheerful.

- Make humour a part of your life as nothing works better than humour in a difficult situation. We can laugh at difficult times only when we realize "this too shall pass".

