Social media has become the bane of our lives. With its integration into all facets of our lives, there is not much one can do to stay away from it. However there are some tricks you can employ to keep your sanity and happiness intact.

Evelyne Kharono Lufafa, a psychologist, says the best way to survive the onslaught of social media is to work on your inner being and recommends that people should stop comparing the details of their "friends'" seemingly perfect lives with theirs because it will only leave them feeling inadequate, envious and can easily lead to depression.

"The best thing to do here is to stop comparing your life with that of the virtual friends and stop judging them. Instead of becoming a "hater" make it a habit to compliment one or two people each time you go online," she adds. If there are people who keep bringing bad vibes with their negativity don't hesitate to unfriend and block them.

Also, take precautions against attacks attached to your posts and people's comments. The amount of likes you get has nothing to do with who you are, how attractive you are, or how many friends you have. People are busy with so many things and their failure to like or comment on your posts means nothing," she asserts.

By Carolyne B Atangaza

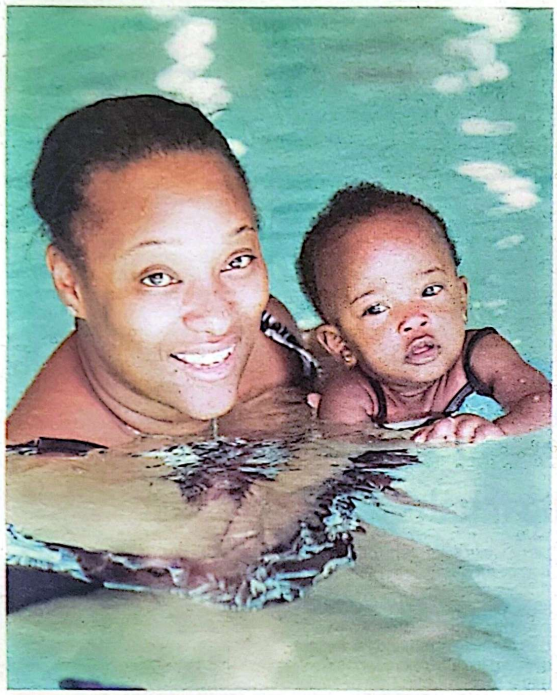


TIP: Start gradually and consult your doctor

Postpartum exercise: Is your body ready?

Most mothers will testify that exercising after giving birth is a hard task to undertake. At the same time, getting back into shape is on most mother's to do list and knowing when and how, to is important.

BY PHIONNAH NASSANGA
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After child birth, many mothers will add weight. Apart from helping get rid of this weight, regular exercise after childbirth offers a number of health benefits.

After delivery

After having a normal delivery, Ritah Namukwaya thought losing weight would be a walk in the park. "I always told myself after two weeks of delivery I would easily get back into shape and would be able to fit into my clothes but things did not go the way I had planned. My doctor advised me to wait eight weeks before starting exercise," says Namukwaya.

According to Zaituni Nampijja, a midwife at Nakasero medical centre, after birth, your life as a new mother is very delicate and care should be taken before beginning an exercise routine. "Talk to your doctor, especially if you delivered by c-section," she says.

Take slow walks to start

Walking is a great way you can ease back into physical activity.

"This is good for the c-section mothers who are advised to stay away from most exercises as Stella Kakande, a c-section mother, explains. Although my legs were swollen as I left hospital, doctor advised me to take on simple walks around home. He advised me to wait six weeks before attempting other exercises," she says

Will exercise affect my ability to breastfeed?

Dr Allan Akankwatsa of Uganda cares says exercise will not affect your ability to breastfeed as long as you drink plenty of water and other fluids.

She, however, cautions against exercises that make your breasts sore or tender.

Wear a supportive sports bra while working out, and try to nurse your baby before you exercise so your breasts won't feel uncomfortably full.

If your breasts feel sore during workouts, try wearing two fitness bras for extra support.

Physical signs you are doing too much

See your doctor or midwife in case of the following:

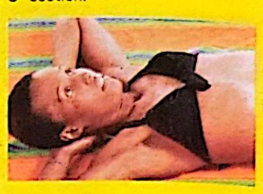
- Your vaginal discharge becomes redder and starts to flow more heavily.
- Bleeding restarts after you thought it had stopped.
- You experience pain of any kind during exercise, whether it's joint, muscle, or birth-related.

Slow down or take a break if:

- You feel exhausted instead of refreshed.
- Your muscles feel sore for an unusually long time after a workout, affecting your ability to support your body as you move. Your muscles may also feel shaky when in use.

Other exercises

Laying on your back: The pelvic floor becomes weak during pregnancy and strengthening it after birth is important. "Start by lying on your back with knees bent and feet flat. This will involve tensing and flexing your pelvic floor muscles as well as tightening your vaginal muscles says Nampijja. To do this you will need to tighten your muscles holding them firm for about ten seconds. Do this repeatedly eight times a day. This can also be done a few days after giving birth but not for mothers who have undergone a C- section.

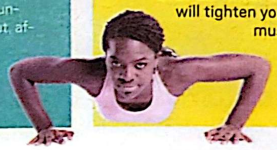


Swimming

Here all muscles are at work including the legs, tummy, arms and gluts. However when to start swimming will depend on a number of factors such as your fitness and the type of birth one had. A c-section requires a longer recovery. "Provided one has stitches they are not advised to exercise until advised otherwise by a doctor."

Push ups

You will need these for strengthening your upper body muscles. Start on all fours with knees directly below your hips and hands slightly more than the shoulder width a part. This will tighten your abdminal muscles and help in fighting tummy fat.



SIMPLE GUIDES

Work out

By Sarah Aanyu

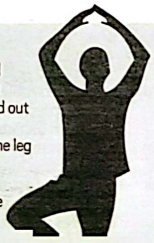
Esther Wetongola, a trainer at Ave maria

Single leg stand

Stand straight on a surface and lift one leg up for as long as you can. This exercise can be carried out anywhere and at any time.

Take at least two minutes on one leg then exchange to the other.

This helps maintain body balance, increases the heartrate and also strengthens the



Skipping rope

Skipping is a full body workout which uses your abdominals to stabilise the body, legs for jumping, shoulders and arms for turning the rope. Skipping helps to improve heart rate and blood pressure.

Jump 1 to 2 inches off floor, giving rope just enough space to slip under feet — only the balls of feet should



hip rotations

This can be done at any time of the day even while some one is doing work that requires an individual to stand. Better still you can use a round slim plastic tyre to aid the waist rotation and make it more enjoyable.

The exercise helps slim the



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