

SELF-LOVE AND SELF-CARE

Dr. Nadia Noori is a licensed naturopathic physician in the State of Connecticut. As a native of Queens, New York, Dr. Noori has a global vision with an affinity for human interaction to better understand the human condition. Dr. Nadia Noori said: "There are a variety of therapies and services I am trained in including nutritional and lifestyle counselling, herbal medicine and much more."

She added: "Our Afghan community is no different from other communities who have experienced war firsthand and all the trauma that comes with such heaviness. "Stress " and its impact on our health is very much underestimated within our Afghan community, but we are not alone. Stress and our physiological response to acute stress is a great thing. It keeps us alive. For example a bear is chasing you. QUICK, RUN! As a result of trauma, separation, and loss, some, however, have been stuck in a sympathetic state, better known as fight or flight mode. Let us just say these folks have been running away from a bear for a very, very long time. How these manifests for each of us over a period will vary? Despite being normalized, some early symptoms such as trouble falling or staying asleep, fatigue, anxiety, bloating, and occasional headaches are the body's way of letting us know that our health requires some attention. We all have a stress bucket; the goal is to not let it start overflowing. Rather than suggesting specific supplements and treatments, I would like to stress the importance of Self-Love. It may sound cliché, but that does not bother me. If we are striving for a healthier community than we must start with ourselves."

"Self-love is critical for a truly healthy lifestyle. Studies have found that people who treat themselves compassionately have better health habits and outcomes. Loving yourself means you will be more in tune with what is going on in your body and mind, more likely to realize when there's a problem, and more likely to seek care. Self-care can include activities like treating yourself to a long bath or a massage, but it also applies to how you treat yourself daily, in a broader sense. It is about making decisions that benefit you, even when they are difficult or inconvenient. Self-compassion does not mean you set low expectations or standards for yourself; it means you do not beat yourself up when you make a mistake, miss an opportunity or something doesn't go your way."

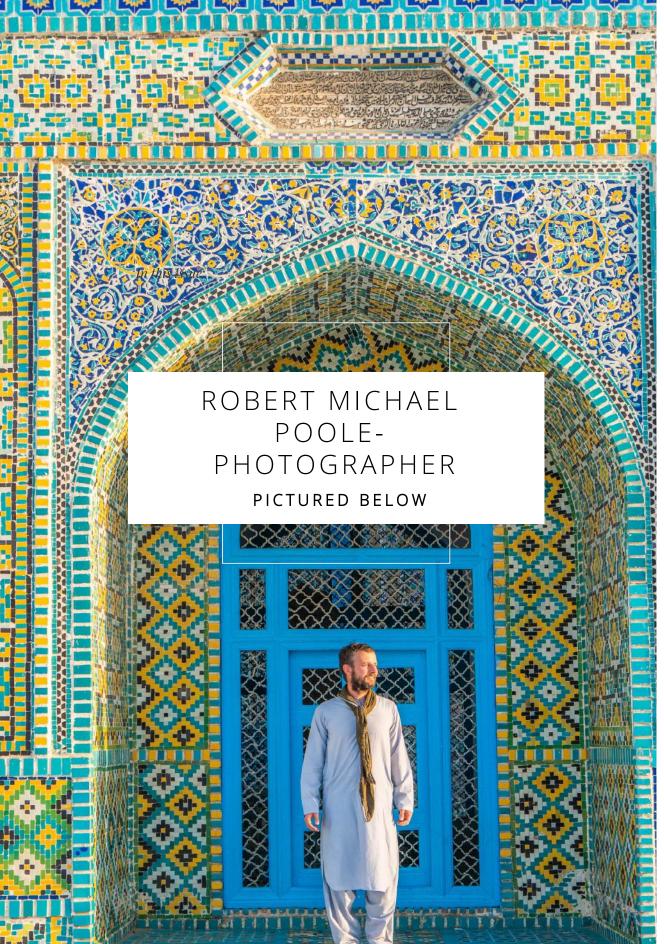
Here are 6 starting points to practice self-love for a healthier life:

- 1. Meditation and Mindfulness
- 2. Set boundaries
- Avoid comparing yourself to others
- 4. Practice gratitude.
- 5. Eat a healthy, nutritious, balanced diet that makes you feel good. consume it.
- 6. Schedule your needs and take care of them.

For more information visit: https://shalvaclinic.org/6-ways-to-practice-self-love-for-a-healthier-life/

Dr. Nadia said: "I urge you all to take responsibility for your health by seeking providers who are willing to listen and who treat the whole body and not just symptoms. I strongly believe that the body possesses an innate ability to self-heal when provided the optimum environment and care. The sooner we catch imbalances, the quicker and easier the journey back to health."





Young Afghan Sikh Immigrates and becomes Dentist

Hello, my name is Jasvin Singh I am 23 years old, and I have recently qualified as a Dentist from King's College London.

Originally, both my parent's are from Afghanistan, whereby my Dad was born in the humble town of Jalalabad and my Mum was born during the hustle and bustle that is the city of Kabul. Whilst growing up, my parents were always reminiscent of the golden days of Afghanistan which harboured a tolerant and liberal society. My parents memories from their younger years are full of vibrant dinner parties which were hosted by their Muslim Afghan friends, touring the snow-capped mountains that surround Kabul, and relishing the vibrant pop culture emerging from Afghanistan through the music of Ahmad Zahir, popularly known as the Afghan Elvis Presley.

But soon when reminiscing their silver-lined memories, the topic of conversation turns tragic as they steer towards the political instability of the 90s. The picturesque Afghanistan they had known had been shattered with senseless violence. It was during this wide-scale destruction that my siblings and I were born. Unfortunately, we did not experience much of the beauty of Afghanistan as compared to our parents, as the futile violence which had irreparably damaged the fabric of Afghan society necessitated us to become refugees in the year 2000, and thus we were torn from the nation that had raised our family for generations.

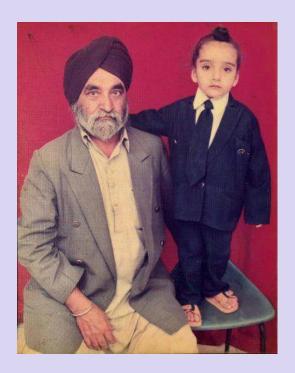


In 2000, we sought asylum from the Afghan civil war by migrating to the UK. We arrived at an unfamiliar country with a language, customs and cuisine that was alien to us. Naturally, we gravitated to pockets of the country where other Afghan Sikhs have made a similar journey, in an attempt to regain a sense of safety and community.

Growing up as a first-generation immigrant was difficult. A few of my earliest vivid memories are of myself at school in Reception, finding it difficult to express myself due to not knowing the English language. Throughout my academic career from nursery till year 6, despite attaining proficiency in speaking English, I felt reserved and intimidated compared to my peers. However, going to a Sikh school from year 7 onwards placed me in a comfortable environment, and it was here that I thrived. Whilst growing up, my father constantly drilled into all four of us children the importance of education, and hence his unreserved affection for knowledge, which he cultivated in Afghanistan, rubbed off onto all of us. During secondary school, despite being mildly mischievous, I excelled during my GCSE's and soon after, I started to seriously think about my future career pathway.

Around that period, which was 2010, was the release of 'Wall Street: Money Never Sleeps', a movie which, I must admit, did influence me heavily. Despite having no recognition of the underlying capitalist ideology, for a brief period I desired to use my innate aptitude for mathematics to go into the world of banking. However saner heads prevailed. Whilst undertaking work experience at a local dental practice, I slowly gained more exposure to the world of healthcare. I realised it was much more altruistic compared to the self-serving nature of the financial world. And after plenty of work shadowing, in year 12 I made the plunge - I wanted to be a Dentist.

With close to zero healthcare professionals in my immediate and extended family, nor was my school privileged enough to help with applications, a lot of what I learnt about applying to dental school was through self-teaching using books and the internet. After I had made my application with plentiful of hopes and desires, a day before my birthday in 2014 I had received an update - I had been offered an interview from the best ranking dental university in the World, King's College London.



I was ecstatic! It was the best birthday present I could have asked for. The interview went great and shortly after I received an offer from KCL provided I received the appropriate A level grades. After a difficult two years of studying day and night, and numerous socioeconomic hurdles, I was rewarded for my perseverance when I achieved my A level grades, A*AAA, and thus I joined King's in 2015.

My time at King's was memorable. I have met and solidified friendships which I will cherish till I breathe my last. I have contributed to the vibrant university life by leading organisations such as the KCL Sikh Society and Nishaan. I have had the opportunity to deliver speeches, seminars and organise conferences on topics that I have felt deeply passionate about. It is commonly said that during university, one's opinions about the world are truly tested and forged in the fires of passion through the furnace that is the student mind. This could not be true more so. I finally graduated from King's in June 2020 not only with Honours but also numerous awards for my academic and clinical performance in Dentistry. I now look forward to the next chapter of my life by starting to work as a dentist for the NHS in September 2020.

I will be forever in debt to my parents who made the frightening journey from Afghanistan to the UK. I am in awe of all they have sacrificed and traded for the inadequate substitutions here in London to provide a better future for their children. In their dedication. there is only one quote that I deem appropriate from Khaled Hosseini: "I said to you, 'hold my hand. Nothing bad will happen". I am also eternally grateful to the Sikh Education Council who have taught me, alongside numerous other students, about the Sikh way of life and a perspective of the world which I, hitherto, did not know existed. I am also grateful to my supportive friends, the list of which is extensive, who have helped me in every step of my journey. For all those in a position like myself, I only encourage you to break glass ceilings and be determined to push against the odds. With hard work and perseverance, any battle is winnable.

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Afghanistan

at your doorstep