

India's Millennials are in greater need of the Power of a Hot Shower than at Any Time in History

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India's millennials have never been more stressed than in today's times. They are busier than ever before too. Well, not necessarily 'busier' exactly, but more subservient to technology .

Indian millennials spend an average of 140 minutes per day on their mobile devices; this compared with just 120 minutes for (Gen X; 31-45 year olds) and 90 minutes ("baby boomers"; 46-65 years). A casual glance during the morning commute confirms India's youth to be glued to their handsets, whether on public transport or, even, simply walking to work.

While much of this could simply be entertainment, shopping or chatting with friends – my guess is that a fair amount of this relentless smart-phone activity is also work-related. A staggering 80% India's millennial claim to work harder than their bosses, as their work hours stretch longer . Indian millennial's working hours surpass even those of the fabled Japanese, with the former clocking up an average of 52 hours per week compared to 46 hours for the latter! The fact that 60% of non-communicable diseases are a result of stress is a thing to worry about.

Add to this, the pressures of living in concrete jungles with polluted environment, pesticide ridden food, and lack of proper sleep , the stress levels of these millennials are insurmountable. The race to reach the top in every sphere of life leads to unrealistic expectations from oneself and subsequent disillusionment in coping with the rapidly changing world. This causes further stress.

Eliminating stress entirely from life may not be plausible, or even desirable; but there are certainly ways to take control. And these may not involve technology! One ancient remedy provided over eras proving to help ease stress is the use of a hot shower. Hot showers help individuals to unwind after a stressful day allowing them leave behind stressful thoughts and enter a zone of Zen detoxification. The 'mantra' of going home to rejuvenate with the power of a hot shower after a stressful day at work has proved to be a simple and effective practice to carry out.

The science behind this phenomenon is that the steam does wonders to help relax not only your mind, but also muscles. The shower also provides the only guaranteed moment of relief, of reflection during the day; provided you leave your phone outside of course! The acoustics are unique and make the perfect intimate venue to express your vocal aspirations. New research from the Royal Brompton Hospital in London even suggests that such singing can alleviate lung conditions such as asthma, bronchitis and emphysema! While I'm not qualified to validate such findings, I can assure you of the therapeutic effects of a hot shower as an antidote to the stress of our daily, digital lives.

With young Indians set to account for 64% of the workforce by 2021 in India, the millennial generation is in more need of the benefits of the power of the hot shower than any generation before them!
