

## 'Just talking and spending some quality-time with my wife'

...is very therapeutic after a long day at work, says actor Iqbal Khan

**A**fter a long day of shooting when I return home, I see my wife and sit with her and talk. I talk to her about my entire day. This is my personal de-stress mantra. I find it very therapeutic, just talking and spending some quality time with my wife.

I religiously work-out six days a week. I was always into working out, even much before my television days. Doing physical exercises are a great way to stay fit but also de-stress yourself. Your body, in addi-

tion to releasing sweat also releases negative energy. Physical exercises help in lowering one's stress levels, as it is a good outlet for your anxiety, tension etc. I feel very good about myself and energised after working out.

The two things that really crack me up is watching *Friends* and *Borat*. My wife and I are absolute fans of *Friends* and regularly watch it on dvd. I feel my mood uplift tremendously after watching the show that I'm ready take on life with a bang!

Another important way that I de-stress

myself is through prayers. Since I am a Muslim, I pray five times a day. No matter how busy one is, one can always take out time to pray to God. It barely takes five to ten minutes. People who say that they are too busy to pray, are just making excuses.

My advice for de-stressing is to spend as much quality time with family and friends. Also, working-out as it helps you to stay physically fit because when you look good you also feel good. And last but not the least, seek God's blessings.

As told to LA



FAMILY GUY:  
Iqbal Khan