

Men's Health

Why do I bounce my leg when I'm sitting?

► VISHAL PRAKASH, BANGALORE

It's probably just a nervous habit that may reduce stress or anxiety, says Dr Samir Parikh, psychiatrist and chief of department of mental health and behavioural sciences, Max Healthcare. Or maybe you're simply bored. It's highly visible, of course. At best, you look nervous; at worst, people will think you're about to rob a bank. To put an end to this involuntary jack-hammering, put change or keys in your pocket. If you hear jingling, that's your cue to cross your legs, hook your foot around your chair, or simply stand up.