



THE TIMES OF INDIA

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Your Weekender

TODAY'S EDITION

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STUDENT EDITION
SATURDAY, APRIL 30, 2022



NUTRITION

The 'SUPER' in your SUPERFOOD

What makes certain foods superior to others? What makes turmeric or acai berries so sought after? Hidden within foods such as turmeric, tomatoes and a variety of berries are active compounds called mesonutrients that might play a big role in making these foods so good for you. These nutrients are stellar for better health, skin and longevity. Simply put, mesonutrients are the super nutrients in superfoods.



HERE ARE OUR TOP 4
Curcumin is the active ingredient in turmeric, and when you look at all the research, it's the curcumin that delivers the anti-inflammatory and anti-ageing benefits that the super-spice is famed for.

Lutein in green leafy and yellow-coloured fruits and vegetables helps protect your central vision and assists in fighting age-related eye diseases. Lutein-rich foods are spinach, mustard, kale, carrots, broccoli, egg yolks, peppers, avocados, cherries and papaya.

Anthocyanin is the pigment that give red, purple, and blue plants their rich colouring. It is found in berries, red onions, kidney beans, pomegranates, grapes (including wine), tomatoes, acai, blueberries, cherries, eggplant, prunes, raisins and strawberries. These vegetables are also part of the nightshades. In addition to acting as antioxidants and fighting free radicals, anthocyanin offers anti-inflammatory, anti-viral, and anti-cancer benefits.

Lycopene is a phytochemical and mesonutrient most commonly found in tomatoes. It's also found in other red foods such as watermelon, pink grapefruit, red carrots, red bell peppers, guava and papaya. While all mesonutrients are rich in antioxidants, lycopene might be the best source of antioxidants for neutralising harmful free radicals.

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RETHINK

Have you heard of time famine? Maybe you can make time work for you rather than against you

Nothing has increased our daily workload than staying at home. Professionals and students alike have been forced to create time zones for all the activities that need to be packed in a day. So much so, you can't let the ball drop - there's home, work, school, fitness schedule, online tutorials and what not battling for your attention. A reason why app-based services have become so popular. This is what professor Ashley V Whillans called in her 2017 research, "time-saving purchases".

The 2017 research, "Buying time promotes happiness", led by Whillans (a Harvard professor of social psychology) concluded that investing in time-saving services can lead to greater happiness. It describes these purchases as whatever you can use to buy free time for yourself such as paying for household chores, hiring an errand boy to post



TIME TO RECLAIM TIME



your mail, or do your grocery online. The study found that despite rising incomes, people around the world are feeling increasingly pressed for time - which undermines wellbeing, and results in reduced happiness, increased anxiety, insomnia, and was a critical factor in rising obesity rates.

TIMES WASTERS

Writer Hugh Culver wrote a blog on '13 shocking ways we waste time'

- 2.34 hrs on checking email
- 35 mins on deciding what to eat
- 16 mins on what to wear
- 7 mins thinking about exercise
- 37 mins on Facebook
- 27 mins on other social media accounts
- 40 mins on YouTube
- 1 hr in meetings
- 4 hrs on watching television
- 96 mins on surfing non-work related websites
- 171 mins on checking your smartphone
- 90 mins in daily interruptions (such as someone asking questions)
- 2 minutes - spent reading this list

USE TIME WELL

Life coach, and author Seema Giri notes that when it comes to time management, it's not about how many hours you have but how you are using those hours. "Today, it's

TIME-SAVING PURCHASES

Time-saving purchases are anything that helps you save time for yourself from your to-do list. These are easily delegated tasks or chores like house cleaning, running errands, driving, etc

exhorts us to overcome the discomfort of saying "no" to some things and plan and prioritise. Life coach Peyush Bhatia says, "If you are unable to manage your tasks in 24 hours, you are bound to feel anxious and stressed."

Time stress can actually have serious health repercussions. When you feel time pressure, the tack is to reframe the goals so that they are less competitive with each other. Or identify activities that satiate multiple goals at once. Giri calls this time blocking. She explains, "Rather than setting time of 30 minutes here, one hour there - group your activities to projects, and block chunks of time to get the work done. Identify when you're most productive and sched-

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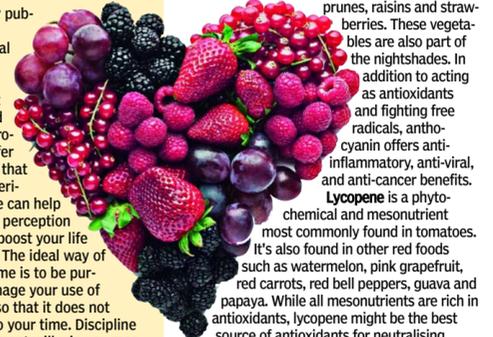
important to measure how effective you are in saving time rather than managing time by checking off a long to-do list," she says. Whillans claimed she suffered from time famine - a term that came into being in 1999 to describe the universal feeling of having too much to do but not enough time to do it in.

BUY TIME

Think of yourself as a leader, and ask questions like: how are you leading yourself in your career and life? How would you like to use your time? This gives you more ownership over your time. The sheer volume of time-management advice out there

STRETCH YOUR TIME

A 2012 study published in 'Psychological Science' by behavioural psychologist and Stanford University professor Jennifer Aaker found that genuine experiences of awe can help to alter your perception of time and boost your life satisfaction. The ideal way of managing time is to be purposeful. Manage your use of technology so that it does not overflow into your time. Discipline and commitment will win you mastery over your day.



It's MAY DAY

Tomorrow (May 1) is International Workers' Day but it's also a day full of interesting happenings. We take you around

1 May Day, also called Workers' Day or International Workers' Day, commemorates the historic struggles and gains made by workers and the labour movement world over. Most countries observe it on may 1 while the United States and Canada observe it on the first Monday of September and call it Labour Day.



celebrations lost their sheen. Now, many countries do celebrate the day as a public holiday and host picnics and parties and sometimes demonstration and rallies are carried out in support of the workers.

2 It started in 1889 when an international federation of socialist groups and trade unions designated May 1 as a day in support of workers, in commemoration of the Haymarket Riot in Chicago (1886) when labour unions in the United States decided to go on a strike demanding that workers should not be made to work for more than 8 hours a day. Just three days after the strike began, a blast occurred in Chicago's Haymarket Square leaving many dead. To honour them, the International Socialist Conference declared May 1 as a day designated for labourers. Even though it started in the US, five years later, the US President Grover Cleveland became uneasy with the socialist origins of the day and decided to make the first Monday of September as the official Labour Day.

7 Other days celebrated on May 1 are: World Laughter Day, Therapeutic Massage awareness Day, Global Love Day, National Purebred Dog Day, School Bus Drivers Day, National Lemonade Day, National Executive Coaching Day, National Mother Goose Day, New Home Owners Day, School Principals' Day and Lei Day (spring festival in Hawaii). All these are mainly American traditions that are not really institutionalised.

8 It was on May 1, 1930 that the "planet" Pluto was officially named. The name was thought of by an 11-year-old British girl, Venetia Burney. She suggested to her grandfather that the new world get its name from the Roman god of the underworld and her grandfather passed the name on to Lowell Observatory. The name also honours Percival Lowell, whose initials are the first two letters of Pluto.

3 In Europe, May 1 was historically associated with rural pagan festivals but very soon the modern association was adopted by almost everyone. The erstwhile Soviet Union and the Eastern Bloc countries. May day became a big deal as they thought it would encourage workers in Europe and the United States to unite against capitalism. They would stage high-profile parades, including one in Moscow's Red Square presided over by top government and Communist Party functionaries.

9 On May 1, 1931, the Empire State Building opened. In fact, President Herbert Hoover was the one who first turned on the lights of the building. At the time, the Empire State Building was the world's tallest skyscraper.

10 On May 1, 1952, one of the world's most popular toy, Mr Potato Head was officially released. In the early 1940s, Brooklyn-born toy inventor George Lerner came up with the idea that was rejected by most companies. Finally, he sold the idea for \$5,000 to Hassenfeld Brothers (later changed to Hasbro). On April 30, 1952, Mr Potato Head became the first toy advertised on TV that worked so well that over 1mn kits were sold in the first year! The iconic American toy was in news recently when Matilda Walden of UK assembled a Mr Potato Head in 5.69 seconds, breaking the record for fastest time to assemble the toy for the first time in ten years. In fact, assembling Mr Potato Head has become one of the most established (and coveted) Guinness Records' titles.



4 In Germany, Labour Day became an official holiday in 1933 after the rise of the Nazi Party. Antithetically, a day after Germany passed a ruling that abolished all free unions.

5 On May 1, 1923, the first May Day celebration was organised in Chennai by the Labour Kisan Party of Hindustan. This was also the time when the red flag was first used in India. May 1 is also celebrated as 'Maharashtra Day' and 'Gujarat Day' as the two states attained statehood on this date in 1960.

6 With the breakup of the Soviet Union and the fall of communist governments in eastern Europe in the late 20th century, May Day



PET CARE

Is your dog eating a SUMMER SPECIFIC DIET?

Your furry friends feel the heat as much as you do, maybe even more. A reason why it's time to make their diet summer ready



The summer season brings with it sumptuous mangoes, long days, lemonades and pool parties but it also brings days that are too hot to handle. Enjoying the fruits of summer is great but have you ever noticed that your diet and appetite changes during the summers? The same thing happens to your dog too! This summer season, cool your pet down with these foods, which are great to be consumed during the hot weather.

WATERMELONS

Watermelons are 90% water and hence they make an ideal summer food for all pets. They are super hydrating, packed with potassium and vitamins like B6, A and C. But always remember to remove all the seeds from the watermelon before letting your pet eat. Watermelon seeds can

cause intestinal blockage and hence can be harmful for pets.

CUCUMBERS

Cucumbers contain vitamins like B1, B7, C and K along with copper, magnesium and potassium. This is the perfect snack for your pet during the summers especially if they need to lose a few kilos. The carbohydrates content and sugar level in cucumbers is very low and that makes it guilt-free and a healthy snack!

COCONUT WATER

Coconut water is completely safe for your pets, it is full of electrolytes, calcium, potassium and Vitamin C and helps with a cooling effect on your pet and serve as a great source of hydration too! If your pet is unwell, you can dilute the coconut water with 25% of water to make it easier

for your pet to drink.

YOGHURT AND BUTTERMILK

Buttermilk and yoghurt are a must-have for the summers. The cool bacteria solve a lot of problems related to heat. The lactic acid bacteria present in yoghurt and buttermilk are beneficial for your pet's gastrointestinal system. It is also a natural probiotic and keeps the gut healthy and safe.

MANGOES

Ripened mangoes minus their seed and outer peel are completely okay for your fur babies. Mangoes are rich in vitamins like

A, B6, C, E, antioxidants, flavonoids and fiber. All this goodness packed together makes mangoes a delicious and healthy treat for your pet.

BLUEBERRIES

Blueberries are rich in nutrition and loved by most pets! Blueberries are high in fiber and vitamin C and low in fat, they also help in increasing antioxidants in the blood. Since they are low in calories and sugar they make a perfect feel good treat for the summers!

GINGER

Ginger is highly soothing for your pet's stomach and has anti-inflammatory properties. You can add ginger in the frozen treats you make for them or in coconut water. Adding ginger to your pet's diet can help in keeping your pet's tummy cool.

ICE CREAM

Pets can be given an occasional scoop of vanilla ice cream or mango slush, but not frequently as most pets can't handle lactose. Check for pet-friendly ice cream. **TW**



HEALTH

WORKOUT YOUR SLEEP ISSUES

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Movement is important for our overall health, the quality and duration of our sleep, and it helps to increase blood flow and oxygen delivery to the brain, which is great for brain health.

MOVE ENOUGH TO SNOOZE ENOUGH

Exercise is important for sleep in a number of ways. Regular exercise, particularly in the morning or afternoon, can impact your sleep quality by raising your body temperature a few degrees. Later in the day, when your internal thermostat drops back to its normal range, it can trigger drowsiness and help you drop off to sleep. The American Association of Sleep Disorders has actually come out and said that exercise is an effective way to treat sleep disorders. Exercise

has been shown to increase low wave sleep. This is your deep restorative sleep phase.

THE TAKEAWAY:

1. Just move. Incorporate 20 min of exercise, whichever form you prefer, in your daily routine. The keywords are consistency and moderation.
2. Functional exercise: Try to incorporate strength training into your exercise **3**

ROOT CAUSE OF BRAIN FOG

We all have our dull, unproductive days, especially af-

ter a night of poor sleep. Yet we turn to stimulants to help us feel brighter and focus better. The question we really need to ask ourselves is - Is it more stimulation that we need to help us focus more since we're inundated with stimulation all day long! Our brain health really depends on good sleep and not on stimulants that can actually send our neurotransmitters in a tizzy and affect brain health.

THE TAKEAWAY:

1. Balancing your blood sugar is one of the most impactful things you can do for your brain and sleep. To keep your sugar under control eat whole, real foods, mostly veggies, with a serving of healthy fats and quality protein.
2. Start screen time at

least an hour after waking up and turn off an hour before bed.

REFRAME YOUR MIND

One of the most impactful things that affects neurotransmitters, other than medicines, is stress. Yes, the elephant in the room. We are all stressed in some way or the other but experiencing constant stress and focusing on the negative impact can raise your cortisol levels, cause anxiety, depression, weight gain, brain impairment, and of course, sleep issues. Try and reframe our stress?

THE TAKEAWAY:

1. Breathing ritual. Practice it before bed. Pro tip: Try 4-7-8 technique. Breathe in through your nose for 4 counts, hold for 7, and breathe out through your mouth for 8, repeat.
2. Start journaling. Keep a notebook by your bed.
3. Practice gratitude. Write down the things you are grateful for.



SELF CARE



- What really worked today/ this week?
- What tasks never seem to get done?
- Was there something you didn't get time to do?
- Is there an upcoming event or special occasion?

Organising the dump

With brain dumping, the actual removal of these mind tangles isn't the problem. It's processing them. You can look at your list, identify what is stressing you out, and make definitive plans to tackle those problems. See if any patterns jump out at you on the initial read through. Are certain thoughts related to each other? Is a specific topic on your mind more than anything else? Decide on a system of marking these related thoughts (underlining, starring and circling all work well). Then, use the patterns as headings to reorganise everything else on a second sheet of paper. However, your brain dump doesn't have to be so task oriented. You can just as easily write down a lot of things on your mind with no particular action plan or specific category.

It helps with anxiety

There are many coping skills which are helpful for managing anxiety. Brain Dumping is a step above a coping skill. It is a technique. It involves removing the "over thinking" thoughts from your mind and placing them somewhere else. This can help you live more freely throughout each day as the things that are troubling you are being resolved. It is similar to cleaning out and organising a closet. The reason it will help your anxiety is because part of anxiety is the problem of too much unresolved clutter in your mind. When we get things out of our heads onto paper, many magical things happen. For example, we can:

- Reduce anxiety about forgetting things
- Acknowledge thoughts that have been bothering us
- Discredit or eliminate unnecessary thoughts or tasks
- "see" what's been on our mind
- Prioritise what needs to get done
- Distinguish between things that we can control and things that we can't control.

DECLUTTER YOUR MIND WITH BRAIN DUMPING

FOR THOSE OF YOU WHO STRUGGLE WITH HAVING A MILLION THOUGHTS SWIRLING AROUND YOUR HEAD AT ONCE

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A brain dump is exactly what it sounds like—it's a way of getting (or dumping) all of those things cluttering your mind out of your head. An idea popularised by David Allen's wonderful book *Getting Things Done*, it's about physically moving thoughts and ideas from your head onto a piece of paper or a digital document.

How to get started?

This process involves waking up in the morning, getting out your journal or

notebook, and writing anything in it that comes to mind. This is a sort of free-floating, free association process of jotting down anything and everything that is in your mind. If you wish, you could further divide your thoughts into – random, to-do, gratitude, priority etc. In essence, your brain feels satisfied that the problems are being acknowledged, categorised, and removed. Here are some brain dump prompts you could use:

- What have you been worried about?
- What do you keep forgetting to do?
- What would make you really happy?
- Did something go wrong with your day/week?



GOOD TO KNOW



ODOUR MEMORY

New research reveals that odour alters how memories are processed in the brain

Does the aroma of fresh pine take you back to your childhood hill holidays? Or your heart starts to race when you step into a doctor's office? Now, researchers from Boston University's Center for Systems Neuroscience reveal just how much power scents have in triggering the memory of past experiences – and the potential for odour to be used as a tool to treat memory-related mood disorders.

Scientists believe that smell and memory are so closely linked because the anatomy of the brain allows olfactory signals get to the limbic system very quickly. Experts say the memories associated with smells tend to be older and thought about less often, meaning the recollection is very vivid when it happens. The sense of smell is closely linked with memory, probably more so than any of our other senses. Those with full olfactory function may be able to think of smells that evoke particular memories; the scent of an orchard in blossom conjuring up recollections of a childhood picnic, for example. This can often happen spontaneously, with a smell acting as a trigger in recalling a long-forgotten event or experience.

A 2010 study published in *The American Journal of Psychology* found that memories associated with smells were not necessarily more accurate, but tended to be more emotionally evocative. Typically, the most salient odours are ones that are infrequently experienced, so when they are smelled they have a specific association. They are ones that were initially experienced at a younger age. The close physical connection between the regions of the brain linked to memory, emotion, and our sense of smell may explain why our brain learns to associate smells with certain emotional memories.

THE PROUST PHENOMENON

■ In the beginning of the well-known 1919 novel titled *Swann's Way*, the author Marcel Proust describes how the flavour of a madeleine cake dipped into a cup of tea caused a vivid memory of when the author's aunt Leonie would prepare this sweet snack in the same way on Sunday mornings of his childhood. Since its publication, researchers have utilised this literary anecdote to describe the way in which odours can vividly trigger autobiographical experiences as a "Proust phenomenon."

■ The Proust effect refers to the vivid reliving of events from the past through sensory stimuli. Many of us are familiar with those special moments, when you are taken by surprise by a tiny sensory stimulus (e.g. the scent of your mother's soap) that evokes an intense and emotional memory of an episode from your childhood. Compared to



the science of memory deficits, little is known about the physical and sensory pleasures of remembering. ■ Many different psychological studies have investigated the Proust phenomenon in human subjects, which has led to a number of findings confirming that odour-cued memories trigger a much more emotional response as compared to those triggered by visual or verbal cues.

WHAT'S NEW

HEARD OF Waking Rest?

This new wellness trend has got everyone talking. Here's how you can practice it

In a letter published in 2019 in the journal *Sleep* titled "Exercise, Nutrition, Sleep, and Waking Rest?", the writers made a compelling case for the practice of waking rest. So much so, the Internet picked the potentially viral term and it was all over the social media in 2020. In 2009, the National Sleep Foundation made the case for sleep as the third piece of the puzzle for sustaining mental and physical health and wellbeing, along with exercise and nutrition. In fact, the pandemic made the case of sleep even stronger as a key factor affecting health and wellbeing. However the writers of the article psychologists and academics – Amanda Lamp, Maxwell Cook, Rhiannon N Soriano Smith, Gregory Belenky – put forth "waking rest" as the fourth piece of the puzzle.

A CRISIS OF MENTAL HEALTH

The letter said: "In our fast-paced society, there is always something keeping us perpetually in "go" mode. This constant state of activity may be playing a major role in the mental health and sleep problems... In addition, one in three US adults and two in three US youth report less than the recommended amount of sleep per night, with 30% of the general population reporting poor sleep and insomnia... Is it possible some of our sleep problems come from a lack of making space during our days for waking rest?"

WHAT IS WAKING REST?

The writers classified waking rest as a period of quiet, reflective thought that allows the brain time to consider and process whatever arises spontaneously. It can be 5 to 20 minutes once a day or as many times as you feel the need. It is a time with no focused thought or anything that requires mental effort and definitely no distractions like watching television and engaging in social media.

While studies on waking rest are limited, there are many studies that do shed light on the cognitive benefits that can occur by allowing the brain time to consolidate and process information it is receiving. Additional human studies have shown that the same neurophysiological rhythms found in sleep are present

during wakeful rest. This wellness practice helps you disengage from anything that can possibly affect your mind in any way. So while you may indulge in washing your clothes, cleaning your apartment, you're not allowed to mentally engage in anything.

HOW TO PRACTICE IT

It begins by you keeping aside your urge to check your phone as you wake up and dedicating at least 2-3 minutes to your thoughts. You must do nothing at first and let your thoughts take the lead. Do not try and fight it, rather indulge in the most simple, mundane tasks that do not need any mental engagements. This is how you can practice "waking rest" at its best. The writers suggest that waking rest can be indulged in as many times as the person feels like. Their ideal setting is an area where the participant feels safe, comfortable, and can remain uninterrupted by outside influences. What you can do is: memory consolidation, reflecting on past experiences, thoughts about the future, and any other pressing thoughts a person keeps. Much like meditation, the idea is to let thoughts arise, take any direction and not force any idea or the way you want it to go. Think stream of consciousness journaling but in your mind.

Waking rest can be incorporated during periods of insomnia or if you just need some mental rejuvenation



COGNITIVE DEVELOPMENT

HOW MANY TOYS SHOULD A KID HAVE?



Study underscores why fewer toys is the better option when it comes to development and creativity in children

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We think that the more toys kids have, the more occupied they will be, but it turns out that quite the opposite is true. Another research shows that kids own an average of 238 toys, but play with less than 5% of them! Kids don't need piles of toys to be happy. In fact, too many toys can actually be detrimental to children's ability to play. Kids are naturally good at playing and using their imaginations. But too many toys often distract them and prevent them from using and developing their creativity and imagination. When children have fewer toys, they find ways to use them in creative ways. Here are some reasons why fewer toys are better for children:

Encourages deeper, more focused play: Too many toys can easily overwhelm kids. Just like too many choices can be overwhelming for adults.

Gives experiences an upper hand: Research backs up the notion that parents should invest in activities over material goods. Cornell University psychologist Thomas

Gilovich found that people look back on experiences with more satisfaction than they do on their material purchases.

Helps develop longer attention spans: When too many toys are intro-

duced into a child's life, their attention span will begin to suffer. A child will rarely learn to fully appreciate the toy in front of them when there are countless options still remaining on the shelf

THE MARSHMALLOW EXPERIMENT

In the 1960s, a Stanford professor named Walter Mischel began conducting a series of important psychological studies. During his experiments, Mischel and his team tested hundreds of children – most of them around the ages of 4 and 5 years old – and revealed what is now believed to be one of the most important characteristics for success in health, work, and life.

The experiment began by bringing each child into a private room, sitting them down in a chair, and placing a marshmallow on the table in front of them. At this point, the researcher offered a deal to the child. The researcher told the child that he was going to leave the room and that if the child did not eat the marshmallow while he was away, then they would be rewarded with a



second marshmallow. However, if the child decided to eat the first one before the researcher came back, then they would not get a second marshmallow.

The children who were willing to delay gratification and waited to receive the second marshmallow ended up having higher SAT scores, lower levels of substance abuse, lower likelihood of obesity, better responses to stress, better social skills as reported by their parents, and generally better scores in a range of other life measures.

Mischel says the kids who delayed gratification were able to do so because they knew how to wait. Kids will devise find ways to distract and entertain themselves, but when we fulfill every need right away, they lose the opportunities to do so.



behind them.

Makes kids more resourceful: In education, students aren't just given the answer to a problem; they are given the tools to find the answer. In entertainment and play, the same principle can be applied. Fewer toys causes children to become resourceful by solving problems with only the materials at hand. And resourcefulness is a gift with unlimited potential.

Teaches perseverance: Children who have too many toys give up too quickly. If they have a toy that they can't figure out, it will quickly be discarded for the sake of a different, easier one. Kids with fewer toys learn perseverance, patience, and determination.

Raises intentional consumers: We live in a time of excess consumerism, often showing up very obviously with toys. Overflowing toy bins and playrooms leave the house a mess, and kids endlessly wanting the next latest, greatest toy. By purposely choosing to have fewer toys, you help teach your kids to become intentional and conscious consumers.