

**MIND MATTERS**

**WRITER’S BLOCK and how to OVERCOME IT?**

**What is a WRITER’S BLOCK?**

It’s a mental block that occurs when you can’t or don’t want to write—whether you’re working on creative prose, academic papers, or even just a journal. Writer’s block can manifest in a variety of ways, from feeling stuck on a particular idea to experiencing an overwhelming sense of anxiety or frustration. It’s not uncommon for writers, especially those who are starting out or facing tight deadlines, to experience writer’s block. It can be frustrating and, if left unaddressed, it can prevent you from completing your work.

**Symptoms it might cause include anxiety, stress, and depression.** It can be challenging to overcome, but there are steps you can take to help you get past it.

**WHAT SHOULD YOU EAT when you’re HANGRY?**

When you’re hungry, you might think that any food will do, but the type of food you eat can have a significant impact on your mood and energy levels. The food you eat can affect how your body processes glucose, which is the primary source of energy for your brain. If your body is unable to process glucose efficiently, you may feel fatigued, irritable, or even unable to focus.

**Preferred energy source.** If you haven’t already, it might be worth exploring what your preferred energy source is, and how to incorporate it into your diet. For many people, carbohydrates are a preferred energy source, as they are quickly metabolized into glucose, a form of energy that your body can use. While carbohydrates can provide a quick boost of energy, it’s important to balance them with other types of food, such as proteins and healthy fats, to ensure that you’re getting all the nutrients your body needs.

**The Science behind BEING ‘HANGRY’**

When our brains are deprived of glucose, we can’t filter our emotions as well. This is because glucose is necessary for the proper functioning of the brain, and without it, we may experience heightened emotions, such as irritability and impatience. Glucose is also important for the proper functioning of the nervous system, which helps us to process information and make decisions. When our bodies are deprived of glucose, we may experience a decrease in our ability to concentrate, and an increase in irritability.

**MANDELA EFFECT**

It’s a cognitive phenomenon in which people recall events in a way that is consistent with their cultural or social background, rather than with what actually happened. This is because the way we interpret events is often influenced by our own experiences and beliefs. The Mandela effect can make it difficult to remember events accurately, and it can also lead to confusion and misunderstandings.

**MANDELA EFFECT and what it means for you?**

It’s important to be aware of the Mandela effect, and to be open to the idea that our memories may not always be accurate. This can help us to approach our memories with a more critical eye, and to be more open to the possibility that our memories may not always be accurate. It can also help us to be more open to the possibility that our memories may not always be accurate.

**THE MANDELA EFFECT in action**

The Mandela effect is a type of cognitive bias, where people remember events in a way that is consistent with their cultural or social background, rather than with what actually happened. This can lead to confusion and misunderstandings, and it can also make it difficult to remember events accurately. It’s important to be aware of the Mandela effect, and to be open to the idea that our memories may not always be accurate. This can help us to approach our memories with a more critical eye, and to be more open to the possibility that our memories may not always be accurate.