

How to Manage Your New-Year Expectations

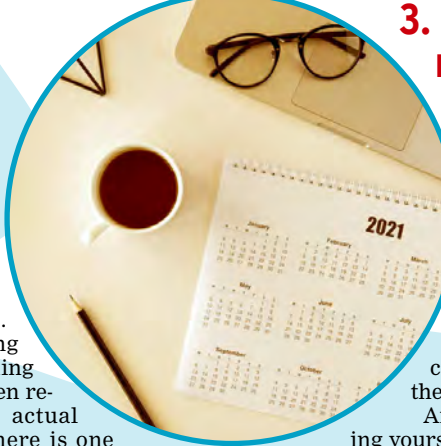
1. Plan small treats

If you're the kind of person who delights in creating a spreadsheet on Jan 1 to plot out the coming year, slow your roll. You can still plan small things to look forward to, said Bethany Teachman, a psychology professor at the University of Virginia. Because many of her family's usual plans for the season have been upended — like everyone else's — each person gets to choose an activity. For example: At the request of her older daughter, a fan of 'The Great British Baking Show,' the family decided to "get a ton of baking ingredients and make something really complicated that will fall apart," Teachman said. Plan "a tiny thing that is going to give you sparks of joy" as frequently as you can during the coming months, she said.



2. Define what matters

With months to go until restrictions ease, the pandemic may seem like a never-ending punishment. While staying home and avoiding travel is not even remotely like actual prison time, there is one thing you can learn from inmates who adapt best to long sentences: They define (or redefine) what matters, said



3. Stay in the moment

Endurance sports psychology tells us that the body is capable of far more than the brain believes. (If someone had told you in March how long the pandemic would last, would you have thought you could handle it? So focus on the moment, not the big picture.

Anxiety comes from casting yourself into the future, but "if you keep your energy in the present moment, and you're not contemplating how many more miles you have, it can feel

Mitch Abrams, a psychologist. Abrams often asks his patients a series of questions, like what and who is important to you? What would you want your legacy to be? And what are you willing to do to make your reality as best you can under these circumstances? And this one: "We are social beings. Circumstances sometimes make it more challenging to build, foster and nurture relationships. How can you nurture your relationship with yourself, so that you can then do the same for your relationship with others?"

Abrams said working in prisons for 21 years has taught him two things. The first is that humans are incredibly resilient and adaptable; the second is that happiness comes from within. "The more you are able to appreciate what you have, the better off you'll be," he said. "I don't necessarily mean material things. It could be your sanity, it could be your health."



easy at times," said Jo Daniels, a senior lecturer in clinical psychology at the University of Bath, in England, and an author on a study about what causes anxiety and depression in lockdown.

How do you stay in the moment? There are all kinds of mindfulness exercises, but one is to list five things for which you're grateful, however small — yes, a hot cup of coffee counts. When you're feeling overwhelmed, think only about what you need to do to get through the next hour or the next day — not the next week or the next month.

Daniels' pandemic study found negative coping strategies — like repeatedly overeating and excess drinking — had more of an impact on people's levels of

It's finally time to leave the wreckage of 2020 behind. Except for many people, it seems as if not much will change except the year on the calendar, making the new year feel about as much of a refresh as a frozen browser. There isn't even another date you can count down to. If you're wondering how to emotionally prepare for the groundhog - day months ahead — and maybe even find some joy in the coming season — here's some advice

anxiety and distress than more positive coping strategies, like seeking support. "The message is, 'Try to do the good things, but definitely don't do the bad things,'" Daniels said.

4. Take control

If you feel as if you're a hostage to the pandemic, well, that's because it does have one thing in common with actually being held

captive. It presents a fundamentally uncertain fate, said Emma Kavanagh, a former police and military psychologist in South Wales who has taught about the psychology of hostage negotiation. Those who mentally fare best in hostage situations often work to regain some measure of control over their environment, whether it's declaring, "I will walk 100 steps around my cell today" or "I will do 50 push-ups."

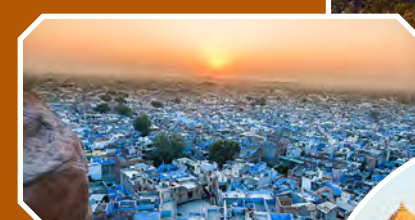
"Having something we can decide upon and activate can help restore that sense of control," Kavanagh said.

Decoding the mysteries surrounding famous colour-coded Indian cities

India is colourful, so colourful that even some of the cities in our country are renowned for their prominent coloured-nicknames. For example, Jaipur is also known as Pink City, Jodhpur goes by the name of Blue City while Jaisalmer is the Golden City of India. But have you ever imagined why these cities have such names?

1. JAIPUR, THE PINK CITY

Jaipur is globally renowned as the Pink City. The popular story that goes behind it is that in 1876, to welcome the Prince of Wales and Queen Victoria, the city of Jaipur was painted in terracotta pink. Jaipur during that time was ruled by Maharaja Sawai Ram Singh. Later, the ruler passed a law which said that buildings and houses in the city would be painted in pink, which is still followed. So, now you know!



JAISALMER, the Golden City

What colour do you think Thar Desert looks like when sun rays fall on them? Golden, brown or yellow probably! This is a phenomenon because of which the city earned the sobriquet of the Yellow City.



JODHPUR, the Blue City

As you enter Jodhpur and reach the majestic Mehrangarh Fort, which is also one of the highest points in the city, you'll be welcomed by a sea of blue-hued houses and architecture that simply look brilliant.



THIRUVANANTHAPURAM, the evergreen city

Almost every place in Kerala is green but it was Thiruvananthapuram that was crowned the Evergreen City by Mahatma Gandhi because of its lush green locales.



UDAIPUR, the White City

The reason behind Udaipur being the White City is that it is home to myriad stunning lakes and beautiful marble architecture. Besides, the city is also known as 'Venice of the East'.



Book resolutions for 2021

Everyone resolves to read more, but having specific resolutions rather than vague ones can help one achieve their goals better. Here are some resolutions you can add to your list this new year

➤ Read more works by people of colour

Books dominating the English market are mostly written by white people. So, try reading one by those of other races to diversify your perspective.

➤ Read a book by a professor

Read a book by a professor on any topic of your choosing, from psychology to botany. This will

give you a better understanding of the subject.

➤ Read a health book

Read a health book which isn't on weight loss. From managing sleep to mental health, there is a lot to health besides the weight loss.

➤ Read a history book

From the history of a country or race, to the history of a company or family, educate



yourself on a new topic.

➤ Read new settings

Most of what we read is set in the US, UK or India. Make a conscious effort to buy books not set there and explore new countries through pages this time.

➤ Read an autobiography

Read an autobiography or a memoir,

basically a book where a real person explains their life.

➤ Read more poetry

We mostly find poetry online now, which does not help many poets thrive. Buy a book and read a poem a day.

➤ Read a graphic novel

Comics aren't always action and aren't always for kids, though if you enjoy those genres, do read those too.

➤ Read a new children's book

Children's books now are so much more socially conscious that they're a pleasure to read.

LOOK BACK.. AND LOOK AHEAD IN OUR GIANT FESTIVE BRAINTEASER

It's a year we'd rather forget, but what do you remember about 2020?

We've compiled a giant quiz of the year (we won't forget) on everything from showbiz to sporting triumphs. So get your grey matter going. And don't worry, there's no coronavirus round...

TV

- Which actress plays Beth Harmon in the Netflix smash hit, 'The Queen's Gambit'?
- Name the two lead stars of the BBC's TV adaptation of 'Normal People'.
- Nicola Roberts won the first UK The Masked Singer but what was her disguise?
- The stars of which 90s series got back together after 22 years?
- Where was this year's 'I'm A Celebrity... Get Me Out of Here!' filmed?
- 'The Crown' returned for Season 4 and had the real life story of when a man broke into the Queen's bedroom. What was his name?



NEWS

- Which country was ravaged by bush fires in January?
- Hilda Clulow, the oldest Brit, died in February. How old was she?
- Name the aerospace company launched this year by billionaire entrepreneur Elon Musk.
- MacKenzie Scott became the wealthiest woman in the world after divorcing the founder of which company?
- What generation of iPhone was launched by Apple?
- Which country sent an unmanned space probe to the Moon?



QUIZ TIME (CURRENT AFFAIRS)

Q.1) Which state government had announced that if needed, for higher education, students would be given a loan up to ₹10 lakh?

- A. Bihar B. Punjab
C. Delhi D. Tamil Nadu

Q.2) Where was the 3rd Asian Leadership Summit held?

- A. Thimphu, Bhutan
B. Tokyo, Japan

- C. New Delhi, India
D. Jakarta, Indonesia

Q.3) Fernando Torres announced his retirement from football. He belongs to which country?

- A. Spain B. Brazil
C. Germany
D. Canada



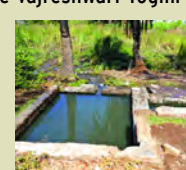
ANSWERS

1. C) Delhi 2. A) Thimphu, Bhutan 3. A) Spain

KNOWLEDGE BANK (NATURE)

Vajreshwari hot springs

There are around 21 hot water springs in a five-kilometre radius of the Shree Vajreshwari Yogini Devi temple. According to tradition, the hot water is the blood of demons and giants — who were slain by the goddess Vajreshwari. Scientists say that the hot springs' proximity to the former volcano in the region accounts for their creation. Pilgrims who visit the temple also have a holy bath in the springs, called 'kundas', in Sanskrit.



THE LEADER OF THE PACK



Jasprit Bumrah, who will now be the only pace bowler remaining from the India squad of 2018-19 that won the Test series in Australia, will have his hands full going into the last two Tests of the series being the senior-most bowler despite having played just 16 Tests so far

In the fast bowling department, Bumrah as the leader of the attack, has taken more responsibility and whenever the chips are down, he has pushed himself harder. That's the sign of a champion bowler.

Sachin Tendulkar,
former India batsman

Jasprit Bumrah has played only 16 Tests but has already accounted for 76 scalps, at an average of 20.68 and an economy rate of 2.68

A MENTOR TO YOUNG PACERS

1 Bumrah's attempt to extract angles from round the wicket, like he did in the Melbourne Test and having to bowl more overs in case other junior bowlers don't do well, could push his body that endured a lower-back injury only last year. Bumrah's returns in the series have been good so far. He has picked eight wickets in two Tests, including a four-wicket haul in the first innings of the Melbourne Test that helped India dismiss the Aussies for just 191.

2 A primary reason why Bumrah has managed to keep up is because his short run-up ensures he conserves energy. His success is due to the fact that he has been accurate. He also shared tips on accuracy with debutant Mohammed Siraj while guiding him throughout his debut.

3 But Umesh Yadav's exit from the ongoing Test series due to an ankle injury after Mohammed Shami, who got injured in the first Test, and Ishant Sharma, who didn't travel to Australia, has left India with reserve options having a combined experience of just two Tests. Both Mohammed Siraj and Shardul Thakur have played a Test each while Navdeep Saini, T Natarajan, and Kartik Tyagi have no Tests under their belt. The last two Tests in Sydney and Brisbane may then test 27-year-old Bumrah's mind, maturity, as well as his body.

ADDED WORKLOAD MIGHT INJURE BUMRAH

1 Bumrah had suffered a lower back injury ahead of the three-Test home series against South Africa last year. He missed those Tests as well as the subsequent two-Test series against Bangladesh in October-November, and returned only in February for the Test matches in New Zealand. The first signs of the expected stress became evident in the last Test itself during Australia's second innings after Yadav limped off the field early.

2 Bumrah's workload increased in that innings as he had to bowl 27 overs, including some from around the wicket to left-handers and often overdid the short ball. This was the highest number of overs he has bowled in an innings since the Nottingham Test in 2018, when he sent down 29. The big worries came early on the fourth day when Bumrah left the field for a while, more than the required time for a toilet break, leading to speculation that he too was not feeling 100 per cent fit. He, however, returned to bowl and seemed fine.

3 Former India speedster Atul Wassan says coming round the wicket can put stress on any bowler. Bumrah uses them only against left-handers, which the Aussies have in large numbers. "It affects every bowler a bit because you have to move the ball further away (from the left-handers). He has to twist and then avoid that danger area in follow-through, so it calls for effort from round the stumps," says Wassan who has been state-level selector.

4 In the next two Tests, a lot will depend on how much and how well spinners Ravindra Jadeja and R Ashwin, as well as the other seamsters, bowl to take load off Bumrah.

WILL WARNER FIX AUSTRALIA'S BATTING WOES?



Opening batsman David Warner brings the X-factor to Australia and the team would love to have him play the third Test against India even if he is not 100 per cent fit, said Nathan Lyon

Wade to go back to the middle-order

■ Warner suffered a groin injury in the second ODI against India in November and could not play the first two Tests as Australia struggled with their opening batting. Ahead of the third game set to begin on Thursday in Sydney, the selectors dropped Joe Burns and brought in concussion-affected Will Pucovski and Warner.

■ Warner himself said a couple of days back that he would play even if he isn't 100 per cent, though his availability will depend on whether he is able to field in the slips without a problem.

■ Matthew Wade opened in the first two Tests, but with the return of Warner and Pucovski, Wade can now see himself being played in the middle-order as Travis Head has looked completely out of sorts.

It's 1-1 in the series. There is always gonna be pressure but there is no added pressure on myself. I know what I have to do. I go up there every time with the confidence to try and deliver as best as I can. I don't think there is any added pressure at all, it's about the team making a collective effort.

David Warner

David is the X-factor. He is a world class batter. We all know that. So we are all 100 per cent expecting David to go out there in the next couple of Test matches and do well. Obviously, he has the support of the whole Aussie change room and everyone else around the world to come out here and do well. We are looking forward to getting David back up the top order for Australia.

Nathan Lyon, Australia spinner

Lionel Messi makes 500th appearance for Barcelona in La Liga

Argentine striker Lionel Messi made his 500th appearance for Barcelona in La Liga. This was Messi's 750th appearance for the club across all competitions. The striker achieved the feat in Barcelona's La Liga clash against Huesca, Goal.com reported. Messi is only the second player, and the first born outside of Spain, to reach 500 games for Barca. Spain's Xavi holds the record for all-time appearances for Barcelona with 767 games. Xavi's total is 17 more than Messi's current tally of 750. AGENCIES



TEST YOUR KNOWLEDGE

Q1: Which of the following players was the top scorer of Spanish Primera División - 2017-18?

- a) Iago Aspas ☐ b) Luis Suárez ☐
 c) Cristiano Ronaldo ☐ d) Lionel Messi ☐

Q2: Which of these cricketers have played most matches as captain in Tests, ODIs and T20Is combined?

- a) Stephen Fleming ☐ b) Ricky Ponting ☐
 c) MS Dhoni ☐ d) Graeme Smith ☐

Q3: Who won the French Open 2020 singles title?

- a) Roger Federer ☐ b) Novak Djokovic ☐
 c) Dominic Thiem ☐ d) Rafael Nadal ☐

Q4: Which basketball player was named NBA Offensive Leader 2018-19 post-season?

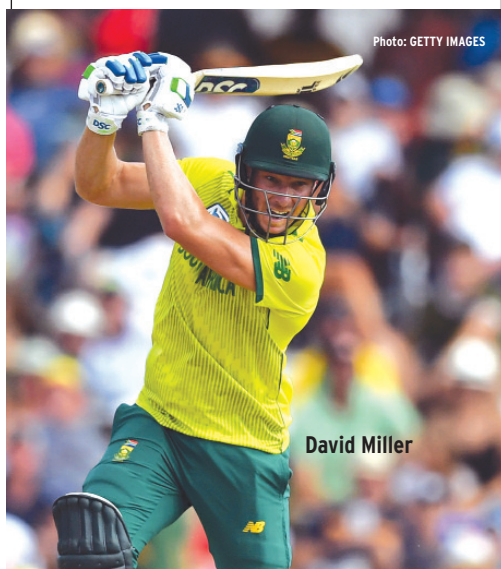
- a) Kevin Durant ☐ b) James Harden ☐
 c) Damian Lillard ☐ d) Bradley Beal ☐

Q5: Which of the following players won women's singles title at the 2020 US Open?

- a) Victoria Azarenka ☐ b) Naomi Osaka ☐
 c) Caroline Wozniacki ☐ d) Iga Swiatek ☐

Q6: David Miller and Sudesh Wickramasekara apart, which player holds the record for the joint-third fastest century in T20 Internationals?

- a) Faf du Plessis ☐ b) George Munsey ☐
 c) Sivakumar Periyalwar ☐ d) Rohit Sharma ☐



David Miller

Q7: Who is the runner-up of the 2017 US Open?

- a) Alexander Zverev ☐ b) Kevin Anderson ☐
 c) Dominic Thiem ☐ d) Marin Cilic ☐

Q8: The 2018 Wimbledon women's singles title was won by _____

- a) Sloane Stephens ☐ b) Naomi Osaka ☐
 c) Ashleigh Barty ☐ d) Angelique Kerber ☐

Q9: Who is the youngest driver to compete in Formula 1?

- a) Jaime Alguersuari ☐ b) Lando Norris ☐
 c) Lance Stroll ☐ d) Max Verstappen ☐

Q10: Which of the following players was the runner-up of the 2020 Australian Open?

- a) Alexander Zverev ☐ b) Kevin Anderson ☐
 c) Dominic Thiem ☐ d) Marin Cilic ☐

Q11: Name the players who was the NBA Offensive leader 2019-20, regular season?

- a) Trae Young ☐ b) James Harden ☐
 c) Damian Lillard ☐ d) Bradley Beal ☐

Q12: Which won the women's French Open?

- a) Ashleigh Barty ☐ b) Naomi Osaka ☐
 c) Simona Halep ☐ d) Iga Swiatek ☐

Q13: Who won the men's Wimbledon in 2019?

- a) Roger Federer ☐ b) Novak Djokovic ☐
 c) Dominic Thiem ☐ d) Rafael Nadal ☐

ANSWERS: 1 d) Lionel Messi 2 c) MS Dhoni 3 d) Rafael Nadal 4 a) Kevin Durant 5 b) Naomi Osaka 6 d) Rohit Sharma 7 b) Kevin Anderson 8 d) Angelique Kerber 9 d) Max Verstappen 10 c) Dominic Thiem 11 b) James Harden 12 a) Ashleigh Barty 13 b) Novak Djokovic