

# Slow and sustainable living

**Instead of rushing into the year with resolutions, take it easy. Tips on how self-care so that you enjoy 2025 in a sustainable manner**



with what you really want is to disconnect from your digital devices. "We are always on the phone or a screen, be it work or leisure. If possible, try and unplug for a few hours daily and either read a book, indulge in a craft or meet someone personally. That would be a great way to start," says Vinaya Bhosekar, counsellor and social worker.

She explains that using your hands (keeping away the phone) brings mindfulness to your actions. You can explore reading or baking; slow living activities, like journaling or knitting, which calm us down and help living a fuller life.



of deep breathing, or body scanning to make you more aware and in tune," says yoga teacher Sabir Shaikh.

**LEARN TO BE ALONE - SAY "NO" EVEN WHEN YOU AREN'T BUSY**

Easy living is about protecting your time and energy, even (or especially) when you aren't busy. This is the time you deserve to read a book, take a walk or to do nothing at all. Have your tea in a relaxed manner, no rushing to clean up the rooms after tea. It can wait, everything can wait - should be your mantra.

**MOVE YOUR BODY TO A RHYTHM OR WALKED WITHOUT ANY INTENTION**

When was the last time you danced alone? "The intention is just to be in the moment, so close your eyes and let your body enjoy the movement," says Vinaya. Research shows that a stroll through the park can do wonders for our wellbeing, and is a great way to live more mindfully. In fact, studies have found just 20-30 minutes connecting to nature can lower stress hormone levels.

**FOCUS ON WHAT REALLY MATTERS**

Your reaction to news - is totally your response. Does it really matter? Being upset and frustrated takes a lot of energy. Before you fall into a frustration spiral that turns into stress and anxiety, check in. It may be wild fires, earthquakes, wars - you can control your reactions to these events as these are beyond your control. Avoid reading bad news. If it's a personal problem, make a list of potential solutions, people who can help and what you might be able to do in order to feel better and solve the issue. It's not the problem that causes our suffering; it's our thinking about the problem.

**TUNE YOURSELF WITH YOUR BODY AND MIND**

Another way to live the year mindfully is to tune yourself to your body and mind. Ask yourself in the morning: How much time and energy do I have today? Don't pretend to have more than you do, just to look and feel busy.

**FOCUS ON RELAXATION ON A DAILY BASIS**

Some days you will have more tasks, some days less but ensure that you space them out. Sit after your finish a task, breathe a couple of deep breaths so that you re-vitalize yourself. Giving your all means there is nothing left. Save some for you.

**PRESS PAUSE ON NEW YEAR'S RESOLUTIONS**

Vinaya says, "You are in charge of your own life and can a change in your life anytime you want." Just because it's the beginning of a New Year, or just because someone else expects something of you is not the reason to make a New Year resolution.

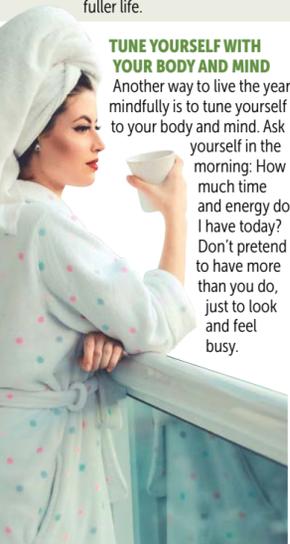
**MAKE YOUR CHANGES TINY**

A small change could be writing five lines daily, without any pressure that they should be five things you are thankful for - it could be anything. "Three minutes

the phones we depend on, our TV and other media. We have to cultivate quiet. This is where we rest and renew.

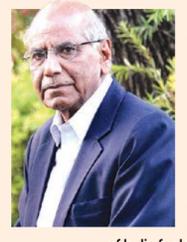
**HOW TO LIVE A SLOW SUSTAINABLE 2025**

**DISCONNECT FROM THE DIGITAL WORLD**  
Considering the digital world that we live in now, the best way to reconnect



**SHYAM SARAN TO SPEAK ON CLIMATE CHANGE**

Shyam Saran, president of the India International Centre (IIC), New Delhi and former foreign secretary of India will speak on the topic, 'Climate Change. Is it too little, too late?'. The event is organized by ICG in association with Bika Utsav as part of the 'ICG Public Lectures' series and is free and open to all. As a career diplomat, Saran has served as the Prime Minister's special envoy for nuclear affairs and climate change. After leaving government service in 2010, Saran headed the Research



and Information System for developing countries (RIS), a prestigious think tank focusing on economic issues (2011-2017) and was chairman of the National Security Advisory Board and the National Security Council (2013-2015). Saran was awarded the Padma Bhushan by the President of India for his contribution to the Civil Services in 2011.

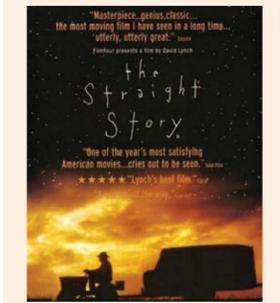
**Venue:** International Centre Goa (ICG), Dona Paula  
**Date:** January 24  
**Time:** 6 pm

**MUSICAL PLAY PERFORMANCE**

Immaculate Heart of Mary High school, Goa Velha and the Educational Society of the Handmaids of Christ presents 'Footprints' a musical on the life of St Francis Xavier, written and directed by Sheryl Lucian Vaz with music

composed and directed by Placido Rodrigues. Entry is free for the show.

**Venue:** Ravindra Bhavan, Fatorda, Margao  
**Date:** January 24  
**Time:** 10:30 am



**FILM SCREENING**

of 'The Straight Story'. One of the most influential filmmakers of the generation, this film was slightly different from the director's repertoire. Based on a true story, it is about an elderly man who embarks on a 300-mile journey on a lawn mower, to see his brother. Stunningly shot in widescreen, the film has been hailed for its touching story. Richard Farnsworth won an Oscar nomination for his performance.

**Venue:** Maquinez Palace, Panjim  
**Date:** January 23  
**Time:** 6.30 pm

As a tribute to David Lynch who passed away recently, Cinephile Film Club will host the screening

## Hair styles that will be the rage in 2025



**VIBRANT JEWEL TONES**

Expect to see a return of flashy fantasy colors in 2025, with vibrant jewel tones at the top of the list. Think emerald green, sapphire, and blue. They're perfect for those looking to make a statement and step away from more muted hues. To achieve vibrant jewel tones, your hair must be pre-lightened to a bright, even blonde for the colors to pop. These bold shades fade quickly, so regular touch-ups, a color-protecting shampoo, and washing with cold water are essential for maintaining their richness and shine.

**MODERN FRENCH BOB**

Short hair is back in a big way, with the modern French bob taking a leading role. The modern French bob is a sleek, chin-length cut with soft layers or slight texture that frames the face. It's trending because it channels timeless sophistication with a contemporary twist, perfect for those looking for a fresh, confident style. Focus on precision cutting to ensure a clean shape.

**WARM, LOW-MAINTENANCE TONES**

Warm, low-maintenance tones have already been trending. Hair extension professionals have seen a big transition from cool to warm tones, as warm tones are less maintenance and give more of a natural and rooted look. Options like moonlights, root smudges, and creamy warm tones help keep maintenance to a minimum.



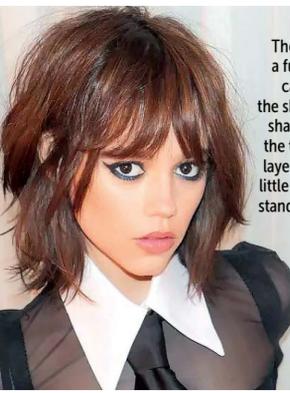
**LIVED-IN LONG LAYERS**

Long layers feel luxe and glamorous, but they're surprisingly easy to keep up with. The layers are soft and loose, adding just the right amount of texture so your hair looks natural and cool as it grows out. To nail lived-in long layers, ask your stylist for soft, face-framing layers and subtle internal texture for natural movement.

**TOUSLED CURLS WITH CURTAIN BANGS**

The tousled curls and curtain bangs look combines soft, undone curls with curtain bangs for a playful yet elegant look. It merges retro-inspired volume with modern, wearable texture, appealing to those who love a casual but polished aesthetic.

The versatility of this look allows it to work across various hair types and all lengths. It is recommended to use a 1-inch curling wand to create loose curls, leaving the ends slightly undone for an effortless effect. Style curtain bangs with a round brush and blow-dryer, and finish with a texturizing spray for added dimension.



**BIXIE WOLF CUT**

The bixie wolf cut is a fusion of cool and carefree, blending the short, voluminous shape of a bixie with the textured, lived-in layers of a wolf cut. A little longer than your standard pixie, it's the perfect cut for those who want to rock a style that's bold, playful, and full of attitude without trying too hard.

**SCULPTED WET LOOK**

This trend is all about sleek, sculpted styles with a high-shine finish that evoke elegance and drama. It's perfect for casual events and evening affairs. To recreate this look, use a lightweight gel or a styling cream with shine-enhancing properties to smooth hair into place. Comb it through your strands for a polished finish and lock in the style with a strong-hold hairspray.

## Herald Gaming Console

**Dilbert**

WHEN I HAD A HEART ATTACK, I WAS TECHNICALLY DEAD FOR THREE MINUTES BEFORE DOCTORS REVIVED ME.

HOW DO I KNOW YOU'RE REALLY YOU AND NOT A DEMON WHO USED A SOULLESS CARCASS TO HITCH A RIDE TO THE MORTAL PLANE?

WOULD A DEMON LET YOU HAVE BIRTHDAY CAKE IN THE BREAK ROOM?

I THINK A DEMON WOULD INSIST ON IT.

**Garfield**

HO! HO! HO! SPIDER CLAUS IS BACK!

SOMEONE'S GETTING A STOCKING FULL OF STINK BUGS THIS YEAR!

**SCHWAK**

**Wizard of id**

THESE MCMANSIONS ARE REALLY GETTING OUT OF HAND...

**crossword 4748**

ACROSS  
1- Kid's building block; 5- Shade giver; 8- Calvary letters; 12- Run away to get married; 14- Succulent plant; 15- College bigwig; 16- Out in front; 17- Workout count; 18- Light brown; 19- Capital of Moldova; 21- Puffer of menthols; 23- Noise made by a sheep; 24- Eureka!; 25- Visualize; 26- For a short time; 30- Video game pioneer; 32- Rent; 33- Male ruminant closely related to the sheep; 37- I could \_\_\_ horse!; 38- Foot-operated lever; 39- Division word; 40- Living things; 42- \_\_\_ garde; 43- Gave a hoot; 44- Shorthand pros; 45- Make a choice; 48- Fall mo.; 49- Member of genus Felis; 50- Disappear; 52- Cabbage salad; 57- Archer of myth; 58- Rat \_\_\_; 60- Stagnant; 61- Comic Rudner; 62- Drinks slowly; 63- We're off \_\_\_ the Wizard; 64- I'd hate to break up \_\_\_; 65- End for Siam; 66- Spy;

DOWN  
1-Security problem; 2- K through 12; 3- Departs; 4- Colorful fish; 5- Hgt; 6- Cut off; 7- Military cafeteria; 8- Logical beginning; 9- Head supporters; 10- Street show; 11- Habituate; 13- Fit to be eaten; 14- Vicinity; 20- Not for a Scot; 22- Mother of Jesus; 24- World book; 26- Actor Guinness; 27- Don; 28- Abhor; 29- Sir \_\_\_ Newton

**solution 4747**

SLAM TALE ANOTE SAAB AIMS STAIN OLIO GRASSHOPPER TIRE

BEARS RATS RIFFS

TELE ARITHMOR

ELMS YEARS ANTA

ALON ADULT TON

BOARD GERMAN

INRI NEO

EEL CONSIDERATE

RBIS DIODE GIRL

OOZE ENTER VLEE

SINEE ASIA ESSE

**sudoku 4748**

6						2	3	
7	5	1						
	4			7	5	1		
4			9	2			7	
			5		1			
	1			4	8			3
	4	7	6			3		
					9	8		6
6	9							4

**Instructions for Sudoku**

9 x 9 letter. To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

**solution 4747**

2	9	3	5	6	7	4	8	1
1	4	7	9	2	8	5	3	6
8	6	5	4	1	3	9	7	2
6	3	9	8	4	1	7	2	5
4	5	8	6	7	2	3	1	9
7	1	2	3	9	5	8	6	4
3	8	4	2	5	6	1	9	7
9	7	6	1	8	4	2	5	3
5	2	1	7	3	9	6	4	8