

# Boost your mood naturally

Feeling low is a common complaint, but there are ways by which you can bounce back naturally. Practise these tips to feel better

**Aruna Gracias Rathod**

Feeling low is a feeling we all have faced at some point of our lives. What you do with the low feeling is important; how can you cheer yourself up with simple techniques is what we can learn or even impart to our loved ones.

Happiness is released through certain hormones, as they help promote positive feelings, including happiness and pleasure. It's normal to experience stress from time to time. But living with regular stress or dealing with highly stressful life events can cause drops in dopamine and serotonin production.

## HAPPY HORMONES

"To understand the body's chemistry, one needs to understand the hormones that work on our well-being," says Dr Chetan Nerkar. He explains, "Dopamine is the feel good hormone, a neurotransmitter that is associated with pleasurable sensations, along with learning, memory, and more. Hormones are chemicals produced by different glands across your body. They travel through the bloodstream, acting as messengers and playing a part in many bodily processes."



## BOOST YOUR MOOD WITH:

Cheerful music infuses us with energy. Music helps to improve mood and emotion regulation abilities, ease stress and tension, reduce anxiety, and promote healthy brain function. Go back to your favourite childhood songs and listen to them, and check out current artists to see which one appeal to you.

## CHANGE YOUR FOCUS

Our energy is sometimes stuck with our own negativity; burdened with our issues. To break out of this, look outdoors. Do something for someone. It could be a simple phone call to your parents, send flowers to your friend, or buy a meal for someone.



If you are a working professional, you could ask a co-worker if they need any help. Write a review of a restaurant you visited – of course, a good review. In short, sunlight, exercise, laughter, food, supplements, affection, pets, rest and relaxation, self-pampering like massage help in making us feel better.

"Serotonin helps regulate your mood as well as your sleep, appetite, digestion, learning ability, and memory. Oxytocin creates bonding. It can also help promote trust, empathy, and bonding in relationships. With hugs, holding hands it increases. And lastly, Endorphin - these hormones are produced to help in response to stress or discomfort. Levels may also increase when you engage in reward-producing activities such as eating, working out."

## HOW TO START:

Choose a quiet, comfortable place to sit.

Get comfortable - standing, sitting, or lying down.

Let all your thoughts – positive or negative – rise and pass you by.

As thoughts come up, try not to judge them, cling to them, or push them away.

Simply acknowledge them.

Start out by doing this for 5 minutes and work your way up to longer sessions over time.



Some simple activities like exercising, cooking, and listening to music can help boost the production of your feel-good hormones. Eating something delicious can trigger the release of dopamine along with endorphins. Sharing the meal with someone you love, and bonding over meal preparation, can boost oxytocin levels.

Dr Nerkar adds, "Certain foods can also have an impact on hormone levels like yogurt, beans, eggs, meats with low-fat content, and almonds are just a few foods linked to dopamine release. Dark chocolate too is a great mood booster."

## MEDITATE

Meditation has numerous benefits from reducing stress to improving sleep. Research shows that there is significant increase in dopamine production during the practice.

## PLAN A ROMANTIC EVENING

You could plan a date if you have a partner or a meeting with friends at a cosy dinner at home; or

lunch so that it is not overwhelming but intimate.

## PETS HELP

You can get a pet, or visit a friend who has pets. Petting animals allows a great dose of oxytocin boost.

## NIGHT SLEEP OF SEVEN TO NINE HOURS

Not getting enough quality sleep can affect your health in multiple ways. For one, it can contribute to an imbalance of hormones, particularly dopamine, in your body. This can have a negative impact on your mood as well as your physical health. Setting aside 7 to 9 hours each night for sleep can help restore the balance of hormones in your body, which will likely help you feel better.

Some tips for deep sleep is to play soothing music in your bedroom, avoiding caffeine in the evenings, keeping a fixed time for bed, avoiding screens after 9 pm would help in getting a restful sleep.

## Tiatr 'Sant Padre Pio' celebrates golden jubilee



Prince Jacob's 75th production 'Sant Padre Pio' celebrated its golden jubilee show at Dando, Candolim recently. The show was organized by Capuchin Priests in order to raise funds for the renovation work of the formation house in Canacona and in aid of Capuchin seminarians.

The chief guest for the day, Tomazinho Cardozo, former president of the Dalgado Konknni Academy and Tiatr Academy of

Goa, said that Prince Jacob has always been meticulous when it comes to his productions on stage. He said that more often the other tiatr directors stage their first show of their tiatr as a rehearsal, but in Prince Jacob's case it was just the opposite, with perfection in every aspect of the production.

Tomazinho lauded the immense works carried out by Prince Jacob for the growth of tiatr with various innovations on stage

and wished him success for his future productions. He hoped that St Padre Pio would continue inspiring him to touch 100th production with success.

The Provincial Superior of Goa Province, Fr Steve Rodrigues appreciated the efforts put in by Prince Jacob in bringing out a fine presentation on the life of Padre Pio. "It will definitely help many viewers to know and understand the life of this saintly priest," he added.

The writer, director of tiatr 'Sant Padre Pio', Prince Jacob thanked the Capuchin Fathers, especially Fr Simon Rico, for assisting and guiding him all along with several books when working on the script. He also thanked his entire troupe and the audience for supporting him with his productions through large viewership.

Erminia Rodrigues from Candolim was the guest of honour. Fr Avinash, Fr Simon Rico, Fr Ronson and other Capuchin Fathers were among the invitees. Fr Rodrigues compered and proposed the vote of thanks.

## Kotteanchem Fest at Pilerne

The annual feast of Our Lady of Candelaria will be celebrated at Pilerne. The feast is popularly known as Kotteanchem Fest, where many people are seen begging with coconut shells as a sign of thanksgiving in fulfilment of their vow that they had taken in their lives. Masses on the feast day will be at 7 am, 9 am high mass and 12 noon. Fr Bryan Pinto, Fr Franky Fernandes, Fr Avinash Rodrigues and Fr Seville Antao were the preachers during the Novenas. Fr Rodson Goes, will be the main celebrant for the Feast Mass at 9 am with the parish priest of Pilerne, Fr Derrick Fernandes. Viswasrao Damania is the president for the feast. In the evening a free tiatr, 'Bara Brestar ani Tera Sukrar' will be staged by Alexio de Morjim at the Chapel Compound at 7.30 pm.

**Venue:** Candelaria Chapel, Pilerne  
**Date:** March 2

## Mental health matters



Mental health took the spotlight at the Parish of St Francis Xavier, Duler, as the Family Apostolate Cell and the Social Apostolate Cell organized a highly impactful awareness programme on the occasion of Diocesan Health Apostolate Sunday. The event, facilitated by renowned psychologist and counsellor Ketaki Parob Gadekar, aimed to shed light on the importance of open dialogue surrounding mental well-being. Mental health professionals continuously stress the need for increased awareness and discussion on this crucial topic. This very sentiment was the driving force behind the well-received initiative at the parish.

With an impressive turnout of nearly 200 participants spanning multiple age groups, the three-hour programme was both enlightening and engaging. Ketaki accompanied by her team of students-in-training, captivated the audience with insightful discussions, relatable anecdotes, and interactive exercises. Her students also courageously shared their personal experiences with mental health challenges, providing a poignant and inspiring touch to the session.

A particularly noteworthy aspect of

the programme was the confidential question and answer session, where attendees could scan a code and anonymously type in their queries and concerns regarding mental health issues in their daily lives. While the organizers read out more than 40 questions, Ketaki and her team patiently addressed each one, while also busting myths and clarifying misconceptions about counselling and mental health care. She also emphasized the critical differences between counsellors and psychiatrists and outlined key 'red flags' that indicate the need for professional intervention.

The overwhelming feedback from attendees made one thing clear – there is a growing need for more such programmes. Many participants urged for future sessions tailored to specific age groups, highlighting the necessity for sustained conversations around mental health.

## Blood Donation Camp held at St Britto HS, Mapusa



A blood donation camp was organized by Caring Souls Goa at St Britto High School, Mapusa which witnessed an overwhelming response from the community. The camp saw a total of 73 donors turning up to donate blood. Out of the 73 donors, 67 successfully donated blood. The camp was conducted by a team from

the Goa Medical College (GMC).

The NGO also appreciates the efforts of the entire school team, including teachers, volunteers, and the GMC team, for conducting the camp. The camp was a testament to the community's spirit of generosity and willingness to help those in need.

## Katharsis Goa

Zeitgeist Goa, associate partners of Goa Children's Literature Festival 2025 will organize Goa's only English Slam Poetry competition, Katharsis Goa, in its second edition, and Goa's only Cosplay competition, Cosfest Goa, in its

sixth edition this year. Katharsis Goa is Goa's only English language Slam & Spoken word competition open for ages 12 and upwards, in two categories – kids & adults. For further details, visit [bit.ly/katharsisgoa](http://bit.ly/katharsisgoa).

**Venue:** Ravindra Bhavan, Margao  
**Date:** March 1

## Walking across Goa with MoCA

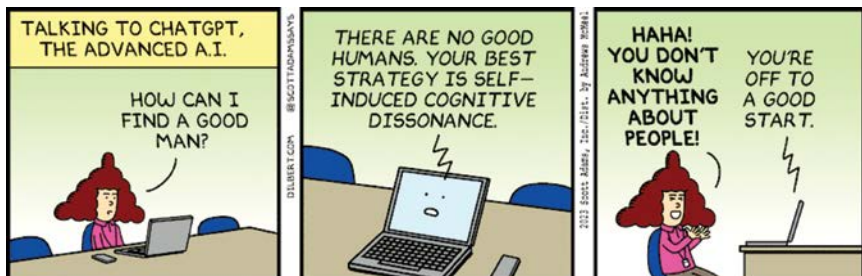
Step into the world of Goa's rich artistic and architectural heritage with a special presentation and interactive session by Ar Noah Fernandes and Clive Figueiredo. As part of the Walking Across Goa with MoCA exhibition, this engaging talk will offer a behind-the-scenes look at the Museum of Christian Art's heritage walks—

an initiative that has, over the past three years, explored the history, art, and architecture of churches and chapels across different villages in Goa. Free entry, open for all.

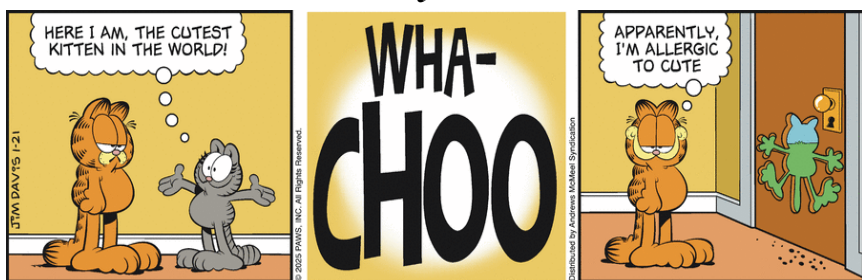
**Venue:** Museum of Christian Art, Old Goa  
**Date:** March 1  
**Time:** 11 am

## Herald Gaming Console

### Dilbert



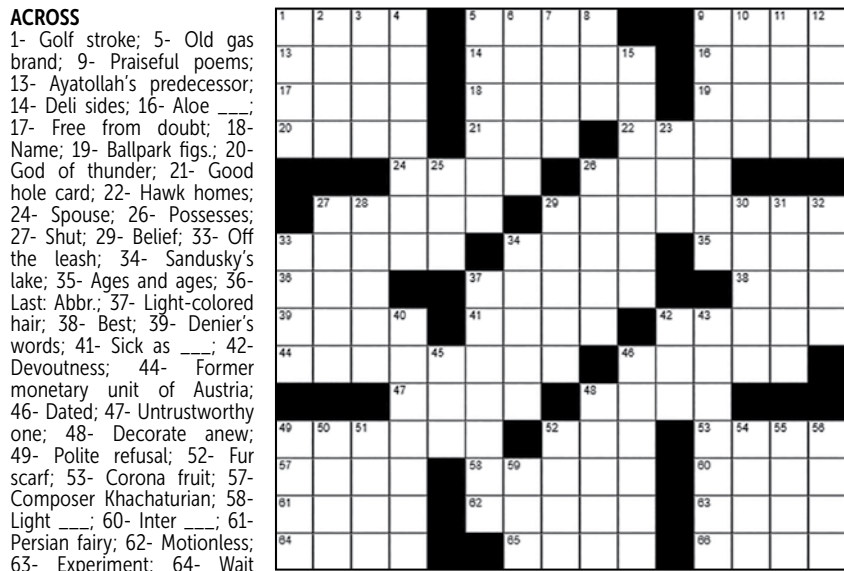
### Garfield



### Wizard of id



### crossword 4781

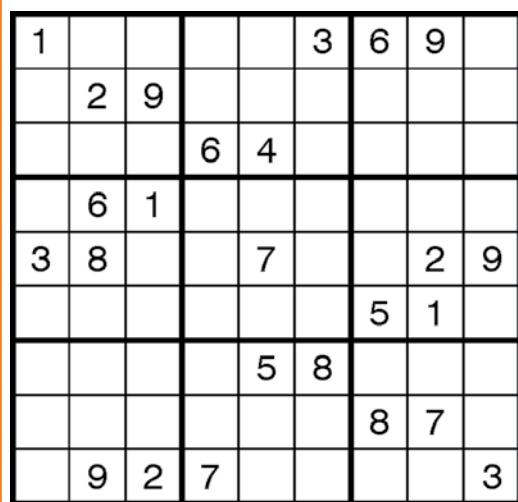


**ACROSS**  
1- Golf stroke; 5- Old gas brand; 9- Praiseful poems; 13- Ayatollah's predecessor; 14- Deli sides; 16- Aloe; 17- Free from doubt; 18- Name; 19- Ballpark figs; 20- God of thunder; 21- Good hole card; 22- Hawk homes; 24- Spouse; 26- Possesses; 27- Shut; 29- Belief; 33- Off the leash; 34- Sandusky's lake; 35- Ages and ages; 36- Last. Abbr.; 37- Light-colored hair; 38- Best; 39- Denier's words; 41- Sick as \_\_\_\_; 42- Devoutness; 44- Former monetary unit of Austria; 46- Dated; 47- Untrustworthy one; 48- Decorate anew; 49- Polite refusal; 52- Fur scarf; 53- Corona fruit; 57- Composer Khachaturian; 58- Light \_\_\_\_; 60- Inter \_\_\_\_; 61- Persian fairy; 62- Motionless; 63- Experiment; 64- Wait \_\_\_\_; 65- Meddlesome; 66- Bluesy James;  
**DOWN**  
1- Hey, over here!; 2- No way; 3- Tropical tuber; 4- Vacuum bottle; 5- Fancy home; 6- Pizzeria order; 7- Fill to surfeit; 8- Hooter; 9- Supervise; 10- He played Ricky; 11- Art Deco master; 12- Talk back to; 15- Kelp; 23- Break off; 25- Peer Gynt's mother; 26- Rubber gasket; 27- Hue; 28- Numbers game; 29- Sing like Bing; 30- Short letters; 31- Benjamin; 32- Catch a view of; 33- Respiratory organ; 34- Like some statesmen; 37- West Atlantic islands; 40- Mohammedan; 42- Launch site; 43- Quarantine; 45- Spy org.; 46- Like heaven's gates; 48- Churns up; 49- California wine valley; 50- Mine finds; 51- Stallion's mate; 52- Scott of 'Charles in Charge'; 54- Belinda Carlisle's \_\_\_\_ Should You In?; 55- Atomizer output; 56- I could \_\_\_\_ horse; 59- RR stop;

### solution 4780



### sudoku 4781



### 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 4780

