



# Keep your stress in check

When we are stressed out, our body undergoes several changes which affect our immune system. Learn how to deal with stress before it damages your system

**Aruna Gracias Rathod**

The World Health Organization (WHO) defines stress as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. The way we respond to stress, however, makes a big difference to our overall well-being. Our body's stress response can trigger several physiological changes, which can affect immune function. The cause of stress we are and how long we are stressed can impact our immune system.

When you feel stressed, your body undergoes several changes to help you survive and overcome perceived threats and obstacles. These changes allocate resources to critical functions in your body, such as elevating your heart rate and breathing and slowing your digestion. Chronic stress can worsen pre-existing health problems and may increase our use of alcohol, tobacco and other substances. Stressful situations can also cause or worsen mental health conditions, most commonly anxiety and depression, which require access to health care. "There are several short and long-term health effects of stress. Your immune system is an intricate

part of your stress reaction and it affects our nervous, endocrine, and immune systems," explains Dr Hareesh Pathare.



## FIRST STAGE OF STRESS

When stress first occurs, the body copes through the acute stress phase, also called the 'alarm' phase. At this stage, specialized immune cells are transported through the bloodstream and into areas of the body most likely to encounter bacteria, viruses, and fungi, like the skin. This helps boost immunity so the body can respond to an immediate immune threat. When stress persists too long, becoming prolonged or chronic, your immune function declines. There could be a group of symptoms including fatigue and cognitive impairment. Ultimately, prolonged stress exposure can weaken your overall immunity.

## IF YOU ARE STRESSED, YOU MIGHT FEEL:

- Irritable, impatient or wound up, anger
- Over-burdened or overwhelmed
- Nervous or afraid, anxious, depressed
- Like your thoughts are racing and you can't switch off
- Unable to enjoy yourself
- Disinterested in activities that were once fun

## SOME PEOPLE WHO GO THROUGH SEVERE STRESS MAY EXPERIENCE

- Rapid heartbeat
- Increased respiration
- Sweating
- Shortness of breath
- Elevated blood pressure
- Chest pain
- Muscle aches and pains



## WHEN IT COMES TO YOUR IMMUNE SYSTEM, SPECIFICALLY, SYMPTOMS OF STRESS CAN INCLUDE:

- Increased rate of infections
- Delayed wound healing
- Frequent colds or cold-like illnesses
- Chronic inflammatory conditions
- New or worsening autoimmune conditions
- New or worsening allergies

## HOW TO DEAL WITH STRESS

### ORGANISE YOUR TIME

"Some of us may feel stressed because we have a lot of things to manage in our lives. In this case, changing the way we organise our time can help us feel more in control," explains Salma Prabhu, psychologist.

### TIPS TO MANAGE YOUR TIME

- Try to identify when you have the most energy, such as in the morning or in the evening. If you can, do your most important tasks around that time of day, to help you concentrate better.
- Make a list of things you have to do. Arrange them in order of importance. Try to focus on the most urgent thing first. You might find it helpful to create a timetable, planning when to spend time on each task.
- Set smaller, achievable targets so that you are not overwhelmed.
- Have breaks and take things slowly. It might be difficult to do this when you're stressed. But it can help to deal with things better and get through a stressful situation. If there is a particular essence that you find soothing, have it in your room. Get a massage to relax your muscles; have

a cup of hot chocolate or take a short holiday.

Ask someone if they can help. Salma's suggestion is, "You have to take on enough challenges to keep interested and engaged with the world, but not too many to the point where you are exhausted." If stress is affecting your daily life, it can be helpful to speak with a mental health care professional.

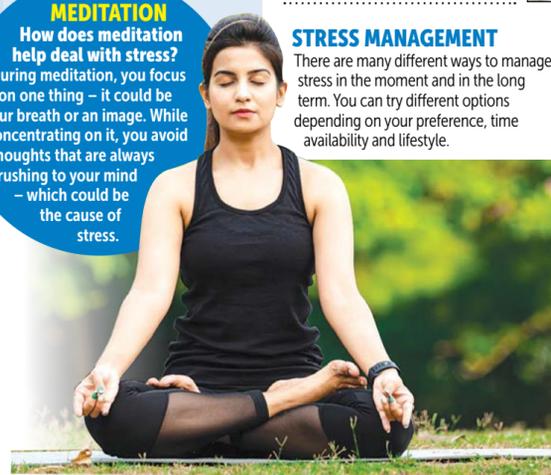
A counsellor or doctor can help you identify your stressors and teach you coping skills.

Short-term stress, while often uncomfortable, can help push you to new achievements and encourage personal growth.

When stress is persistent, your typical coping strategies aren't effective, or you're noticing a decline in your mental or physical wellness, it may be time to talk with a doctor.

## MEDITATION

How does meditation help deal with stress? During meditation, you focus on one thing – it could be your breath or an image. While concentrating on it, you avoid thoughts that are always rushing to your mind – which could be the cause of stress.



## STRESS MANAGEMENT

There are many different ways to manage stress in the moment and in the long term. You can try different options depending on your preference, time availability and lifestyle.

## Progressive muscle relaxation (PMR)

As the name suggests, it involves relaxing all the muscles of the body. Start with your feet, ankles, soles, calves and work at relaxing every single part/muscle till you reach your head. This should be done with your eyes closed. You can do PMR as often as needed.

**EXERCISE:** Physical exercise can help relieve stress in the short – and long-term.

## ACTIVITIES THAT CAN HELP TO MANAGE STRESS INCLUDE:

- Running
- Yoga
- Hiking
- Walking
- Swimming
- Cycling
- Strength training

## Documentary 'The Club' screened at Carmel College

The department of English of Carmel College of Arts, Science and Commerce for Women, Nuvem, hosted the screening of Nalini Elvino de Sousa's documentary film 'The Club' in the college auditorium.

The screening was prompted by a paper for the SYBA major students on Goan Diasporic Literature wherein the experiences of Goans in British-ruled East Africa were required to be discussed and deliberated.

The film explores the journey of the Goans, who went seeking greener pastures and established their future in East Africa and had to leave Zanzibar and re-settle themselves in UK, Canada or return back to their roots in Goa. They were distinct due to their love for varied kinds of music, social and cultural life among others.

By interviewing several Goans in Dar-e-Salam, Nalini journeys down memory lane while several interviewees nostalgically share old memories and commemorate their times spent in their identifierian space, 'The Club'. This club was their sole space to belong in a



country which had adopted them and they struggled to adapt to. They picked the regional language, besides preserving their own mother tongue Konkani.

Sharing her experience as the director of the film, Nalini Elvino de Sousa said, "Pedro Pombó (anthropologist) and I had gone to Dar es Salaam for the second edition of the 'Africa-Asia The New Axis of Knowledge' conference. After the presentation of the documentary 'Special Envoy', we decided to go to Zanzibar and were taken up by the place. "We received many messages from Goans, who were born in Zanzibar and left when they were children. They had wonderful memories

of the place, and we started to realize the dimension of the Goan community in Zanzibar and later in Dar. That is why the decision to make a documentary came about," she added.

"Although Pedro was not involved in the making of my previous documentary," Nalini continued, "He accompanied me in the discussions about the movie because of his extensive knowledge of the Afro-Asian migration along the Indian Ocean. "The thought of a filmmaker and an anthropologist coming together to make a documentary together looked interesting. Inter-disciplinary work was important because it allowed us to look

at the world around us from a different perspective, and that is visible in this documentary," she added.

"The movie was dedicated especially to the musicians who played at DI (Dar es Salaam Institute) and to the architect of the building, Anthony Almeida," the director shared. "It is also dedicated to all the Goans, who had to migrate for better prospects," she said.

This documentary was an Indian-Portuguese co-production between Real Ficção in Portugal and Lotus Film & TV Production in Goa. It has been showcased in Germany, Portugal, Tanzania, India, Brazil, Mauritius, and the UAE. The next screening will be in Senegal during the third edition of the 'Africa-Asia The New Axis of Knowledge'.

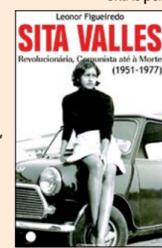
The screening of the film began with an introduction of the film maker by the head of department of English, Glenis Mendonca. She outlined the need for the students to probe deep into the subtle nuances of cross-migrations and Goan diasporic elements as depicted in the film 'The Club'.

## FILM SCREENINGS

The XIII Lusophone Film Festival is closing with two more special sessions. On March 15, 'Sita: A vida e o tempo de Sita Valles' will be screened.

On March 16, 'Sombras Brancas' a drama film directed by Fernando Vendrell will be screened.

Directed by Margarida Cardoso, 'Sita: A vida e o tempo de Sita Valles' is based on the life of Sita Valles, who was born in Angola in 1951 and died there in mysterious circumstances in 1977. In 1975, she decided to return from Lisbon to Angola, joining a group of people - later known as fractionalists - who questioned the ideological line of the People's Movement for the Liberation of



Angola (MPLA). Accused of being one of the ringleaders of the attempted coup d'etat of May 27, 1977, Sita is persecuted and arrested. Rumors

suggest that she was tortured and died in front of a firing squad. In the two years that followed, more than thirty thousand people met the same end or spent years in jails and concentration camps. The testimonies of the survivors guide in reconstructing the life and times of Sita Valles, a life that ended in a traumatic episode of absurd violence, which has long been silenced.

**Venue:** Camões-Centro de Língua Portuguesa, Panjim  
**Date:** March 15 and 16  
**Time:** 5 pm

## HOMEGROWN AND HOMEMADE MARKET

Discover fresh local produce, artisanal products, gardening basics at this local community market. One can find Coconuts, Jambul, Jackfruit, Bananas, Brinjal, Chillies, Amaranth, Microgreens, Leafy veg, Sprouts, Honey, Homemade wine, Soaps, Organic Sourdough Bread, Cinnamon Rolls, Coffee, Potted plants, Herb Plants, Veggie Seeds, Coconut oil, Greek Yogurt, Assorted Cheeses, Paneer, Herb plants, Veg seedlings etc.

Bookworm Library will be conducting fun activities for children. There's a mini library, pot painting, doll-making and a large canvas for kids to paint on.

**Venue:** Laban de Souza's Farm, Arlem - Nuvem bypass road  
**Date:** March 15  
**Time:** 3 pm – 7 pm



## Herald Gaming Console

### Dilbert

THE WEATHER FORECAST SAYS IT WILL BE DANGEROUS TO COMMUTE TO WORK TOMORROW.

I WILL BE WORKING FROM HOME, AND I EXPECT ALL OF YOU TO...

DO THE SAME? SLEEP HERE.

### Garfield

THERE ARE TIMES I JUST FEEL LIKE DOING NOTHING

FEBRUARY, FOR INSTANCE

### Wizard of id

9:00 AND ALL IS WELL!

SLUG

AS LONG AS I KEEP THIS BUZZ GOING...

### crossword 4793

**ACROSS**

1- As well as; 5- Wine glass feature; 9- Imprint; 13- Miss America topper; 15- I could horse!; 16- Winglike parts; 17- Blender maker; 18- Untrustworthy one; 19- Travel on; 20- West of Hollywood; 21- Heels; 23- Mischievous person; 25- 'Othello' villain; 26- One or the other; 27- Domain; 30- Swiss river; 31- \_\_\_ of Two Cities; 32- Person who plays the cathedral pipes; 37- Vintner's prefix; 38- Biscuitlike quick bread; 40- A Chaplin; 41- Level; 43- Lute of India; 44- Mama's boy; 45- Wurst; 47- Leave; 50- Periodic movement of the sea; 51- Sharp reply; 52- Geeky type; 53- Consume; 56- \_\_\_ for All Seasons; 57- Enthusiastic liveliness; 59- Make happy; 61- Campus mil. group; 62- Nothing special; 63- More pleasant; 64- "\_\_\_ quam videri" (North Carolina's motto); 65- \_\_\_ the night before...; 66- Eldest son of Noah;

**DOWN**

1- Tiny particle; 2- Actress Bonet; 3- Fill to excess; 4- Galena or bauxite; 5- Rarely; 6- Mai \_\_\_; 7- JFK listing; 8- Wedding; 9- Waterlogged soil; 10- Wonderland girl; 11- Speeder spatter; 12- Ship's backbone; 14- Area with coin-operated games; 22- Back in time; 24- Big name in razors; 25- Ice house; 26- Acquire through work; 27-

**solution 4792**

C	A	S	T	S	E	R	A	S	M	A				
A	S	N	E	W	R	O	B	E	O	F	I	T		
S	E	A	L	E	E	B	O	N	D	A	N	E		
T	E	A	G	L	E	S	C	O	U	T	E	R	I	E
S	O	W	H	E	R	E	T	E	N	S	A	R	E	
O	M	A	R	R	S	P	E	C	I	A	L	L		
R	E	L	A	B	O	I	L	P	L	U	M			
A	G	E	O	N	E	S	C	E	A	S	E			
L	A	S	T	I	N	G	A	N	O	T	H	E	R	
E	L	O	I	C	E	R								
E	A	R	N	Y	E	S	T	E	R	Y	E	A	R	
C	L	U	E	I	N	S	O	E	A	T	N	O		
R	E	S	T	N	O	U	N	C	R	E	E	D		
U	S	E	S	G	L	E	E	T	E	S	T	S		

### sudoku 4793

			3	2			9	8
		7		1				
9						1		6
8				6	1			
	3	5				4	8	
			8	3				2
5		1						9
					2		3	
3	9		5	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 4792

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