



Post-pandemic panic: Addressing the lingering anxiety

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The world may have reopened, but the truth is, post-pandemic anxiety is real. It's just that nobody is really talking about it. For the better part of two years, we lived in a state of heightened alert. Every cough was suspicious. For many people, the psychological grip of the pandemic hasn't loosened. If anything, it's quietly embedded itself deeper—in social interactions, in health fears, in a low-grade but constant hum of anxiety.

The pressure to be 'fine' again

One of the most exhausting parts of post-pandemic life is the unspoken pressure to be okay. To celebrate the return of normalcy, even when you're still grieving what was lost—be it a loved one, a job, a sense of security, or simply the version of yourself that existed before all this began. People who were once social butterflies may now feel exhausted by the idea of small talk. Those who embraced solitude during lockdown may feel guilty for not wanting to return to the same pace. There's a quiet loneliness in carrying around anxiety when the world seems to have collectively moved on.

The new face of anxiety

Post-pandemic anxiety doesn't always look dramatic. It might show up as an inability to fully relax in crowds, or a racing mind every time you hear someone sneeze. This kind of anxiety is often dismissed as overthinking. But in reality, it's a response to collective trauma. We lived through uncertainty, grief, isolation, and fear—often without processing any of it. And now, as life speeds up again, our minds and bodies are still

catching up.

Some are dealing with social anxiety after long periods of isolation. Others find themselves hyper-aware of germs and cleanliness, even in safe environments. Some continue to struggle with insomnia or health anxiety, constantly worrying about the next illness, the next wave, the next what-if. These aren't irrational fears—they're the residue of living through a global crisis.



A new kind of normal

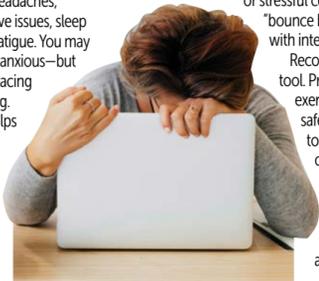
Perhaps what we need is a return to a new normal—that allows space for softness, slowness, and self-compassion. One that acknowledges the emotional toll of what we've been through. One that honours the fragility that comes with being human. Post-pandemic anxiety isn't something to be fixed overnight. It's something to be held with patience, processed with care, and eventually, transformed into wisdom. If you're still feeling off, anxious, or out of sync, know that you're not alone. The world may look healed—but healing, in its truest form, often takes time.

It's in the nervous system

Post-pandemic anxiety isn't just psychological—it's physiological. Prolonged stress rewires the nervous system. The body gets stuck in a heightened state of alert, always anticipating threat. This is why some people still feel anxious in situations that are technically "safe." Their bodies haven't yet unlearned the vigilance.

This can manifest in headaches, shallow breathing, digestive issues, sleep disturbances, or chronic fatigue. You may not even consciously feel anxious—but your body does. It's still bracing for something to go wrong.

Understanding this helps remove the self-blame. You're not overreacting. You're responding to what your nervous system has internalized over months of uncertainty and fear.



How do we begin to heal?

The first step is acknowledging that post-pandemic anxiety is valid. Just because it's invisible doesn't mean it isn't real. Giving yourself permission to feel what you feel—without judgment—is the foundation for healing.

Slowing down helps. So does setting boundaries around how much you engage with news, social events, or stressful conversations. Not everyone needs to "bounce back." Some people need to rebuild slowly, with intention.

Reconnecting with the body is another essential tool. Practices like breathwork, grounding exercises, and gentle movement can signal safety to the nervous system. Talking helps too—whether it's therapy, support groups, or honest conversations with friends who understand. And most importantly, we need to drop the expectation that healing follows a timeline. Just because the world has moved on doesn't mean your mind and body have to follow at the same pace.

Understanding the importance of Ayurveda at Carmel College



emphasizing natural remedies, balanced diets, and mindful living for overall well-being. She discussed the significance of seasonal eating, the benefits of traditional Indian spices, and how simple lifestyle modifications can contribute to

both physical and mental health. Through an informative PowerPoint presentation, she advised attendees on what to eat and when; the benefits of alum; and how melatonin regulates our sleep cycles.

A guest lecture on 'Ayurveda and You: Tips on Health and Wellness' was delivered by the resource person, Sr Maria Saviola, to the staff and students of Carmel College of Arts, Science and Commerce for Women, Nuvem. The lecture, drawing on Indian Knowledge Systems (IKS) as mandated by the NEP, was organized by the Department of English in association with the Department of Physical Education and Sports, and the Yoga Centre, in the college auditorium.

Sr Maria highlighted the importance of Ayurveda in daily life,



Book discussion

Prajal Sakhardande will talk about his new book, 'History of Women's Contribution to Goa's Struggle for Freedom' (1928-1961)

Venue: Dogears Bookshop, Margao
Date: April 12
Time: 5 pm

Introduction to parchment art

Discover the delicate and intricate world of parchment art at a special introduction to parchment craft workshop with artist Evita Pereira e Silva, presented as part of the 'A Touch of the Divine' exhibition. In this hands-on session, Evita will introduce participants to the art of Pergamano, a refined technique of embossing, perforating, and shading parchment to create elegant lace-like designs. Learn the fundamental skills to craft intricate patterns, from delicate floral motifs to beautifully detailed decorative elements. Whether you're a beginner or an art enthusiast, this workshop offers a unique opportunity to explore a timeless craft under the guidance of an expert.

Venue: Museum of Christian Art, Old Goa
Date: April 13
Time: 10 am to 1 pm



Goa Cashew Fest 2025 returns for the third year



The much-awaited Goa Cashew Fest 2025 - Season 3 is back, promising three days of unforgettable cashew-centric experiences, a culinary celebration of cashew-inspired delights. The brainchild of Dr Deviya Rane, chairperson of GFDC, an initiative of the Goa Forest Development Corporation, the festival will be held from April 25 to 27, at DB Grounds, Panjim.

Dr Deviya Rane said, "Goa Cashew Fest is more than just a festival—it's a tribute to Goa's deep-rooted cashew legacy. It reflects our deep commitment to the people of Goa—especially our farmers, artisans, and self-help groups—who are the true custodians of our heritage. This year's theme, 'Explore. Empower. Enrich,' encapsulates the spirit of the festival. Season 3 promises to be an affair extraordinary, bringing together communities for a celebration of food, music, fashion, and cultural heritage. We invite people from all over to explore Goa's vibrant traditions, empower local

communities and have an enriching experience. Through this initiative, GFDC aims to celebrate the legacy of the Goan cashew and create sustainable economic opportunities for the local communities."

Goa Cashew Fest has achieved the status of a signature state festival, showcasing the rich heritage of cashew cultivation, efforts of Goa's cashew cultivators, its diverse by-products, and the deep-rooted connection between Goan culture and this beloved crop. A three-day extravaganza promises to be bigger and better, featuring sundowner set, fashion show, over 50 food and beverage stalls, live performances by renowned national and Goan artists, exciting games, spot prizes and much more.

Goa Cashew Fest 2025 is the perfect weekend getaway for families, food lovers, music enthusiasts, and culture seekers.



Personal reflection and spiritual retreat for migrants in Corlim



to see themselves as pilgrims on a journey filled with faith, hope, and trust in God. These sessions were interspersed with moments of silence, inviting participants to engage in personal prayer and deep contemplation, helping them connect more meaningfully with their spiritual path.

The retreat also provided spaces for Adoration and Confession, allowing participants to experience the healing and renewal of reconciliation in God's presence. The event culminated with the celebration of the Holy Eucharist, presided over by Fr Joe Nazareth. This sacred moment fostered a profound sense of unity, love, and shared faith among the participants.

The Congregation of the Sisters of the Holy Family of Nazareth hosted a day of spiritual retreat for migrants at St John Facundo Parish in Corlim. The retreat, themed 'Pilgrims of Hope', offered a vital opportunity for personal reflection and spiritual growth for those who have journeyed far from their homeland, seeking solace and strength in their faith.

Rajeswar Joseph Banerji, the retreat preacher, led the participants through thought-provoking sessions, urging them

This programme was spiritually guided by Fr Kevan Rodrigues, the Parish Priest of Corlim, with the event being meticulously coordinated by Sr Jerussa Pereira and Sr Myra Dourado. Their dedicated efforts brought together around 80 participants, mostly migrants from Jharkhand, who have made Goa their home.



Herald Gaming Console

Dilbert

I HIRED A RUSSIAN TROLL FARM TO BOOST MY REPUTATION ON SOCIAL MEDIA.
DOGBERT DA!
THAT'S THEIR FIRST MEME.
I HOPE YOU DIDN'T PAY FOR THAT.
I WAS SUSPICIOUS ABOUT THEIR AFFORDABLE PRICING.

Garfield

I FEEL DOWN.
SMACK!
YOU MAKE A TERRIBLE EMOTIONAL SUPPORT ANIMAL!
HELLO, IT'S CALLED TOUGH LOVE.

Wizard of id

100 AND TIME FOR THE WEATHER. RECORD HIGHS AND LOWS EXPECTED THIS MONTH.
PING
JUST NOT AT THE SAME TIME.
WIZARD!

crossword 4817

ACROSS
1- Indian wrap; 5- Tough trip; 9- Razor name; 13- Fabric; 15- Costa ...; 16- Good earth; 17- We ... please; 18- Long time; 19- Basic unit of heredity; 20- Numbered hwy.; 21- Destroy; 23- Protects; 25- Technical ch.; 26- Diner; 27- Lounges; 30- Rapping Dr.; 31- Be; 32- Synthetic rubber; 37- Swarm; 38- Low-budget prefix; 40- Creme-filled snack; 41- Estimator; 43- Ancient; 44- NASCAR sponsor; 45- Decapitates; 47- Final taker; 50- Periods of history; 51- Curd stuff; 52- Teri of 'Tootsie'; 53- Altar words; 56- Sassy; 57- Castle protection; 59- Summed; 61- Met highlight; 62- Vogue rival; 63- Sift; 64- Hook's helper; 65- Faculty head; 66- Greek temple;

DOWN
1- Surgery reminder; 2- Touched down; 3- Trevi Fountain site; 4- Addams family cousin; 5- Characteristics; 6- Nothing, in Nantes; 7- Earth-friendly prefix; 8- Leaping marsupial; 9- Aquarium buildup; 10- is human; 11- Lustful; 12- Iowa State city; 14- Large stinging wasp; 22- Bring into play; 24- Miners' sch.; 25- 'Who's there?' reply; 26- Genesis setting; 27- good example; 28- Former spouses; 29- Evens the score; 32- Neither's partner; 33- Actor's parts; 34- Mother of the Valkyries; 35- Require; 36- Ages; 38- Highly regarded; 39- Deal (with); 42- Concordes, e.g.; 43- Tara family; 45- Defeated; 46- Sin; 47- Heat unit; 48- Spine-tingling; 49- Stiff bristles; 51- Tax experts; Abbr.; 52- Festive occasion; 53- Conception; 54- 'Whip It' band; 55- Lofty poems; 58- Corrida call; 60- Cacophony;

solution 4816

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

sudoku 4817

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

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 4816

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