

# Stuck? Get out of the rut!

Many a time, we get into a spot and think it is impossible to move out of it. But awareness and a few positive steps will help

Aruna Gracias Rathod

**D**o you sometimes feel stuck, even when you've planned your tasks? You know what needs to be done yet you just can't seem to take action, something's holding you back. Well, fear not, you're certainly not alone. Maybe you don't like the weight that's creeping up and making you feel lousy, maybe you want to resign from your job because it's getting too hectic and you just can't find time for home and children and yourself; maybe you want to take a break but can't think about it. It could be anything that doesn't make you feel good. It's time to pause and think. Ask yourself why aren't you taking that crucial step - is it fear? Is it 'I will think about it later'; or will I be able to pull it off?

Emotional barriers such as procrastination, self-doubt, fear of failure, or perfectionism can derail us thus affecting our productivity and creating stress, frustration and a sense of feeling stuck.

## IDENTIFY YOUR TRIGGERS

You need to understand a problem before you can solve it. Take a step back to reflect on what's holding you back. Is the idea of controlling your diet or adding exercise to your routine putting you off? In the case of your job - if new tasks have been assigned to you - Do these tasks feel overwhelming? **Are you feeling tired and demotivated? A comment or frequent comments on your performance by your boss is making you feel worthless, and you take leave often, feeling totally demotivated?**



## HOW TO BREAK TASKS INTO SIMPLE STAGES

Your dream of writing a book should be broken into stages. Instead of setting a big goal, make it easier by a step-by-step approach:

- What's the topic of the book?
- What will be the broad outline, key chapters or sections
- Draft the introduction
- Write one section at a time - to see how much time it takes, how many inputs you require from outside
- Refine and rewrite; edit

## HOW TO HELP YOURSELF

**The best thing to do is write down your issues.** "It is not an easy task as it requires courage to face your problems. Get it out of your head by writing it down - personal issues, professional issues, my fears. Simple writing or daily journaling or simply pausing to notice your moods and patterns can help.

Once you make a list of all the issues

and emotions associated with the issues, you can understand your triggers and this is step one where you can start to address them.

## BE KIND TO YOURSELF

**We often tell ourselves -** Why am I such a loser? or 'Why can't I do this?' - if you are engaging in this question to yourself, then please stop. Understand that productivity isn't about perfection, it's about progress. Setbacks are learning opportunities, not failures. Every small step forward counts, go at your own pace, not everyone else's. Look at all your achievements and make a list. Go back to this list whenever you feel lost.

Break the negative thought patterns, go and do something else for a while. Even making a cup of tea allows you to focus on something else. "Instead of reaching for the phone and getting into mindless scrolling, get out of the house, take a break outdoors, go for a walk, a few deep breaths and a stretch," says Vinaya Bhosekar, counsellor. "Boost your creativity and problem-solving abilities, especially if you go and do something completely different or with a different energy level."

If you're overthinking, a brief reset makes it easier to return to your task with a fresh perspective. Never feel guilty about taking breaks! They're essential to improving your focus and productivity.

## HAVE A TALK WITH SOMEONE YOU TRUST OR AN EXPERT

**It's okay to reach out for help.** "You don't have to figure everything out on your own. Talk to a friend, business mentor or join a supportive community. When you share your challenges it not only helps you realise you're not alone but gives you different perspectives and encouragement when things are tough," adds Vinaya.

We are human beings with emotions and emotional barriers to productivity are real. These barriers need to be addressed. By practicing these strategies, you can stop feeling stuck and break the unproductive cycle.

## BE REALISTIC

**Big goals can be inspiring -** but they can also feel overwhelming. You end up feeling more demotivated than inspired. If your goals or to-do list feels overwhelming - scale it down to just two or three tasks per day. And they should be simple things that make you feel a sense of achievement. Once you are in a better space, and able to handle more, you can add one task per day or week.

## BREAKS ARE NECESSARY FOR A RESET

**When you feel stuck, your first instinct might be to push through -** but sometimes the best thing to do is step away and give yourself a break. It is always better to break negative thought patterns, as they are unhelpful. Once you notice the negative thoughts creeping in, move yourself physically as this moves your mental space too.

# SKIN CYCLING: THE 4-NIGHT ROUTINE TRANSFORMING SKINCARE

Shahnaz Husain

**S**kin cycling, also known as skin fasting or skin detoxing, is all about taking a cyclical approach to your facial skincare routine to improve skin quality, texture and tone and strengthen the skin's protective moisture barrier. Skin cycling is a four-night skincare practice in which you rotate your skincare products to avoid irritation and then repeat it all over again.

Skin cycling suggests that you should change skincare products each night while maintaining the same daytime routine. Using specific products on different days regenerates the skin and improves skin quality, but it's important for all skin types to tailor their routine to suit their skin needs. The cycle typically spans three to four nights that strategically plans out when you should exfoliate, when you should use retinol and when you should give your skin a little break. It's designed to help you use products exactly when your skin needs them and is ready for them, for the maximum, glow-boosting results. It involves alternating the use of a physical or chemical exfoliant, a retinol-based product, and a hydrating cream or concentrate strategically alternated for optimal impact.



## EVERY DAY OF THE CYCLE: CLEANSE

**Wash your face with a gentle cleanser to remove dirt, grime and makeup every morning and evening. Always remember to moisturise and use SPF in the morning.**

### Night 1 - Exfoliate

On the first night of your skin cycling routine, start with cleansing, followed by exfoliation. This removes dead skin cells, unclogs pores, and smooths the complexion, allowing other products to absorb more effectively. Finish with a moisturiser to lock in hydration. While exfoliation improves skin texture, overdoing it can damage the skin barrier, causing redness, irritation, or breakouts. Physical exfoliants use abrasive particles and are best for non-sensitive skin, while chemical exfoliants, containing AHAs or BHAs, promote gentle, gradual cell turnover and are generally better tolerated for regular use. Always choose exfoliants based on your skin type and sensitivity.

### Night 2 - Retinol

Retinoids are powerful ingredients in skin cycling that boost cell renewal and treat acne, fine lines, wrinkles, and age spots. On night two, cleanse thoroughly, then apply a hydrating cream to sensitive areas (under eyes, around the nose, marionette lines) to buffer against irritation. Next, apply retinoid to your face, neck, and décolletage. Start with a low concentration to allow your skin to adjust. Stronger formulas suit oily or acne-prone skin. For dry or sensitive skin, include more recovery nights. Retinisation can take up to three months, so ease into it and always apply sunscreen during the day. If you notice some sensitivity at the start, use nourishing and calming products to alleviate any negative effects, but if you notice a burning sensation/ irritation, please consult a dermatologist. Always use sunscreen during the day.

### Night 3 - Recovery

Day three of skin cycling is all about recovery. After cleansing, focus on hydration and repair by applying a gentle serum with ingredients like hyaluronic acid, ceramides, glycerin, or niacinamide. Follow with a nourishing moisturiser to strengthen the skin's barrier. For dry or sensitive skin, use an intensive hydrating cream or serum for deeper nourishment. Oily or acne-prone skin types can opt for a lighter moisturiser or concentrate. Depending on your skin's needs, extend the recovery phase to two or three nights. Avoid exfoliants and active ingredients, and keep your routine simple to prevent irritation or overstimulation.

### Night 4 - Maintenance

The fourth night in a skin cycling process is dedicated to hydration and rebalancing focusing on maintaining your skin's health with balanced, non-irritating products. Use this to apply basic skincare essentials, such as cleansers, moisturisers, etc. Look for ingredients that nourish, hydrate, and protect the skin

barrier. It will restore the skin's barrier, pH, and microbiome, and your skin will be primed for when you cycle back into the actives. This phase helps your skin maintain its condition and prepares it for the next exfoliation cycle and active treatment. Skin cycling is helpful for people who may be struggling to find a good regimen because they're using too many products or not giving products adequate time to work.



# Orientation course in dramatics receives overwhelming response

**T**he Tiatr Academy of Goa (TAG) successfully conducted a well-received orientation course in dramatics, drawing enthusiastic participation from artists of all age groups. The course was held in Panjim and was expertly led by renowned stage and cinema artist Fermimo Goes, who provided in-depth guidance on various aspects of acting, including practical exercises.

The program was formally inaugurated by veteran tiatr artist Carmina Terezhinha Barbosa, in the esteemed presence of TAG Council Members including William Fernandes, Apolonia Rebello, Pedro Vaz, Antonet De souza, Arnaldo Costa, Joaquim Dias, and others.

Addressing the gathering, Carmina Barbosa urged the participants especially the youth to take full advantage of such training opportunities to refine their craft. Sharing her own journey, she recalled, "Such courses were not available when I began acting. It was my father who gave me the first opportunity to perform, and I owe my artistic journey to him." She



emphasised that the future of the Konkani stage lies in the hands of young artists and children, who must continue learning and exploring the various facets of tiatr.

TAG President Anthony Barbosa highlighted the Academy's commitment to nurturing young and emerging artists

as part of its broader mission to preserve and promote Konkani tiatr.

Participants received certificates during the concluding ceremony, presented by the distinguished guests. The program was efficiently compared by Arnaldo Costa and Apolonia Rebello.

## Film screening

Cinephile Film Club will host the screening of Jean-Luc Godard's seminal film, 'Breathless', which changed the course of cinema. Starring Jean-Paul Belmondo and Jean Seberg, Godard's debut film went on to become a classic and one of the most influential films of all time. The film has inspired several filmmakers around the world, including Quentin Tarantino. The story by Truffaut is about a crook (Jean-Paul Belmondo) who is on the run and tries to persuade his American lover, Patricia (Jean Seberg), to escape with him. The screening will be preceded by a talk by film critic Sachin Chatte who has covered the Cannes Film Festival for the last two years. He will share his experiences and insights through a video presentation that highlights all that transpires at the Mecca of film festivals.  
**Venue:** Maquinez Palace, Old GMC Complex, Panjim  
**Date:** June 12  
**Time:** 6.30 pm



## Herald Gaming Console

### Dilbert



### Garfield



### Wizard of id



### crossword 4868

**ACROSS**  
1- Slugger Sammy; 5- Shoestring; 9- Discount rack abbr.; 12- Work without \_\_\_\_; 13- Deplete; 15- Woodwind; 16- Small stream; 17- Mall unit; 18- Flower holder; 19- Capital of Georgia, USA; 21- Commanded; 23- Fortuneteller; 24- That woman; 25- Become visible; 28- Impeccable; 33- As \_\_\_\_ resort; 34- Poultry enclosure; 35- Bush alma mater; 36- Campaigned; 37- Slender gulls; 38- Contend; 39- Ed and Mel of baseball; 41- Prefix with meter; 42- Smart guy; 44- Nares; 46- Gets up; 47- Feel lousy; 48- Envelope abbr.; 49- Vacuum bottle; 53- Eyelash cosmetic; 57- Able was \_\_\_\_; 58- Composer Ned; 60- Face-to-face exam; 61- Some Ivy Leaguers; 62- Come Back, Little \_\_\_\_; 63- Leg or arm; 64- Summer quaff; 65- Pearl Buck heroine; 66- Mission control gp.;

**DOWN**  
1-Franklin D's mother; 2- Put a lid \_\_\_\_; 3- Peddle; 4- Books of maps; 5- Gloss; 6- \_\_\_\_ Is Born; 7- Corp. VIP; 8- Schilling replacement; 9- Support beam; 10- Got up; 11- Vibrating component of a woodwind instrument; 14- Possibly; 15- Too; 20- Cool; 22- Morning moisture; 25- Home run king Hank; 26- Aristotle's teacher; 27- Trousers; 28- Armed strongholds; 29- Anderson of

**WGRP** in Cincinnati; 30- Overhangs; 31- Pizzeria order; 32- Looks for; 34- Prison room; 37- Suit makers; 40- Gazes fixedly; 42- Collective word for intellectual pursuits; 43- 16th president of the U.S.; 45- Margin; 46- Cossack chief; 48- Low life?; 49- \_\_\_\_ yellow ribbon.; 50- Grippid; 51- Great Lake; 52- London district; 54- Diva's delivery; 55- Super Bowl XXXIV champs; 56- Jessica of 'Dark Angel'; 59- Fam. reunion attendee;

**solution 4867**

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

### sudoku 4868

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

### 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 4867

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