



## SPOTLIGHT

# Much needed downtime

In today's high flung society there is always something or the other that require our attention. But is that something truly important? If you're going bonkers trying to write an interesting status on the latest earthquake then you have a serious problem.

The solution is simple. Take a break. Shut down your phone for a day and just do nothing. It's winter which makes this even easier for people to get under their blanket and shut off the outside world. Studies have shown that some downtime is crucial for your brain. It can boost your creativity and give you plenty of energy to focus on your next task.

There are links between getting over your creative block and taking a break. In simple terms being lazy or bored makes your brain active, looking for interesting ways to engage yourself. This can lead to

several breakthroughs, either in your professional or personal life. Take Archimedes for example, he took a bath and changed the fate of the world.

For routine procrastinators this is a walk in the park, take a page from their book. If it's one thing they excel at it's being lazy. Try to clear your mind and savour the world around you. The saying "life is short" might sound clichéd but there is some truth to it. We spend so much time worrying about things that don't really matter in the long run that we miss out on the simple things in life. Ask a lot of elder people they will tell you that their biggest regret was not taking a breath and enjoying themselves enough in their youth.

There are several ways to spend a lazy weekend. Make yourself a cup of tea, take a seat in your veranda or roof, drown out the

cocktail blasts in your neighbourhood and enjoy an aimless evening. It's a light hearted meditation but it can do you wonders. There's a reason a 100 year old monk can probably beat you at arm wrestling.

You don't have to sit around and meditate. As long as your end goal is giving your brain some rest you should partake in some leisurely activities. Movie marathons, reading a light hearted book or listening to relaxing music is highly recommended. It's Oscar season and trust me spending your weekend watching the nominees will not be a waste of your time.

Lastly don't make this an everyday routine, our nation might collapse completely if everyone decided to wake up at 3pm. Set aside at least two days per month and just take a chill pill.

By Daneesha Khan



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full of bizarre dreams where your best friend turns into a huge iguana and keeps on chasing you across Dhaka city?

I usually scream when I have nightmares but not in the mornings. You see 'daymares' as I call them make you toss and turn on the bed, half awake; half asleep. Sometimes I stare blankly at the ceiling, fully awake and now reunited with the cat, who is also under the blanket.

From the comfort of my bed I plan the rest of the day. Forgetting not to turn off the cell phone's ringer, I completely detach myself from the rest of world. Unplugged - I am like an island by myself, immersed in not so pensive thoughts.

They say, morning shows the day and it probably does. And idle Friday morning sets the pace of not only the rest of

the day but the entire weekend. Soon enough the house help will serve coffee and more fruit cake. And I will find a reason to leave bed.

Maybe I will sincerely catch up on my reading or do some household chores. But in the very essence, the idea is to do as few things as possible.

The wintry days of this city wakes up at sounds of the shutters of neighbourhood shops opening up for daily business and cars hurriedly leaving from the car park for the parents to drop their wards on their way to work. The whole dynamics, however, comes to a standstill on Friday mornings and laziness takes over.

By Mannan Mashhur Zarif  
Photo: Shahrear Kabir Heemel  
Model: Arpita and Farhan  
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Vaseline Skin Center

## EXERCISES AT HOME FOR FITNESS AND GLOWING SKIN

When the temperature drops, we often become lazier. Suddenly moving around becomes quite a chore and there's nothing we want to do more than curl up with a blanket or an oversized sweater.

However, here's an incentive to get active: exercise promotes blood circulation throughout your body, which will lead your skin to develop a natural glow. Add a layer of Vaseline Total Moisture to your skin for the finishing touch.

Here are a few exercises you can try out:

**Push ups:** Push ups can tone your arms and chest. If you have trouble doing the regular push up, rest your knees on the floor for an easier version of the push up.

**Squats:** Squats are great for your core. The stance is very important, so keep your legs braced and your spine straight as you squat. Extend your arms for balance. Add weights to increase the intensity and effectiveness.

**Jumping jacks:** Jumping jacks are a great cardio workout which you can easily do at home. Increase intensity by jumping faster. If your heart rate goes up, you know you are doing it effectively.

**Crunches:** Crunches will help tone your abdominal muscles, but make sure you have the method right otherwise you might hurt your back. Your breathing technique is also important when doing crunches. There are a few variations in crunches, which will affect the intensity. Start with the variation that strains your back and neck the least, and then later you can move on to more challenging crunches.

After you are done with your small fitness regime at home, take a shower and do not forget to use your Vaseline Total Moisture after your shower. During winter your skin loses a lot of its suppleness because of the dry weather, so the perfect moisturizer will help restore that essential balance of your skin.

### LS Desk

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