## FIVE FIVE-MINUTE STRESS BUSTERS

We asked people in different walks of life what they do to deal with stress. Albeit the common ones, we collected a few interesting, effective and quick remedies. And hence, the Star Weekend presents to you – five five-minute stress busters.



PHOTO: KAZI TAHSIN AGAZ APURBO

## Tax for stress

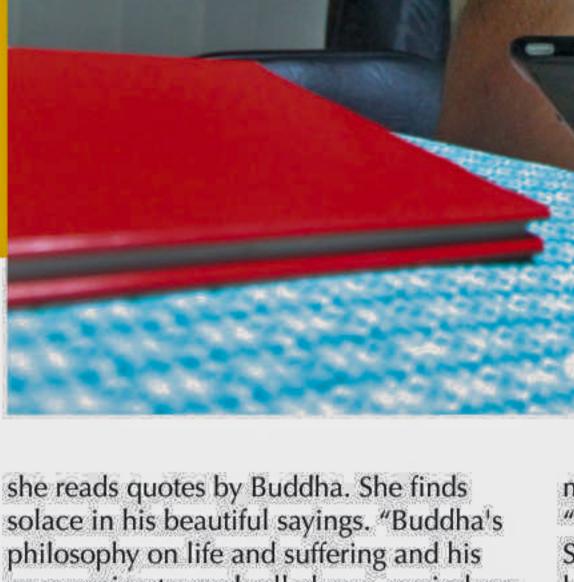
Pradeep Kumar is a manager in a multinational company. His job entails a lot of office hours, dealing with office politics, deadlines, etc. He applies a simple trick for relieving stress: the joy of

His colleagues do not know that his desk's middle drawer - which he always keeps locked - has a jar where he puts changes or coins every time he is worried about something. He empties the jar and donates the money once a month. "I fine myself for worrying!" Kumar smirked.

Charity work is a very satisfying deed that makes you feel good.

## Inspiration from the divine

Like any final-year university student, Lopa Barua has an immense load of assignments, presentations, quizzes and exams. When things become overbearing,



she reads quotes by Buddha. She finds philosophy on life and suffering and his compassion towards all always remind me of the bigger picture. How silly we are worrying about trivial things!" Lopa

Read a Holy Scripture. Words from the divine lift up your mood and provide inspiration for life. And let's not forget that praying has a therapeutic effect.

#### The joy of being grateful

Asgar Ahmed is a thirty-year old entrepreneur. Although a business owner for more than five years, he still hasn't developed a taste for risks and uncertainties that are part and parcel of his career.

He says that he stays sane by writing down things he is grateful for. "I started my gratitude journal when a relative gave

me money to start business," Ahmed says. "That was the first entry on the journal. Soon, I began counting my blessings, in health to career to personal life. Whenever I feel miserable, I open the book and read previous entries or make a new one."

So, maintain a gratitude journal, a virtual one or a physical diary.

## Never underestimate the power of baby-

When on his way to the court or before attending a crucial meeting with a client, Barrister Rashed Khan calls up his threeyear old daughter. Having a 'deep' conversation with an adult is too mainstream for him! "My kid cracks me up," he says. "And the innocence and simplicity of a child's soul can put your life in the right perspective."

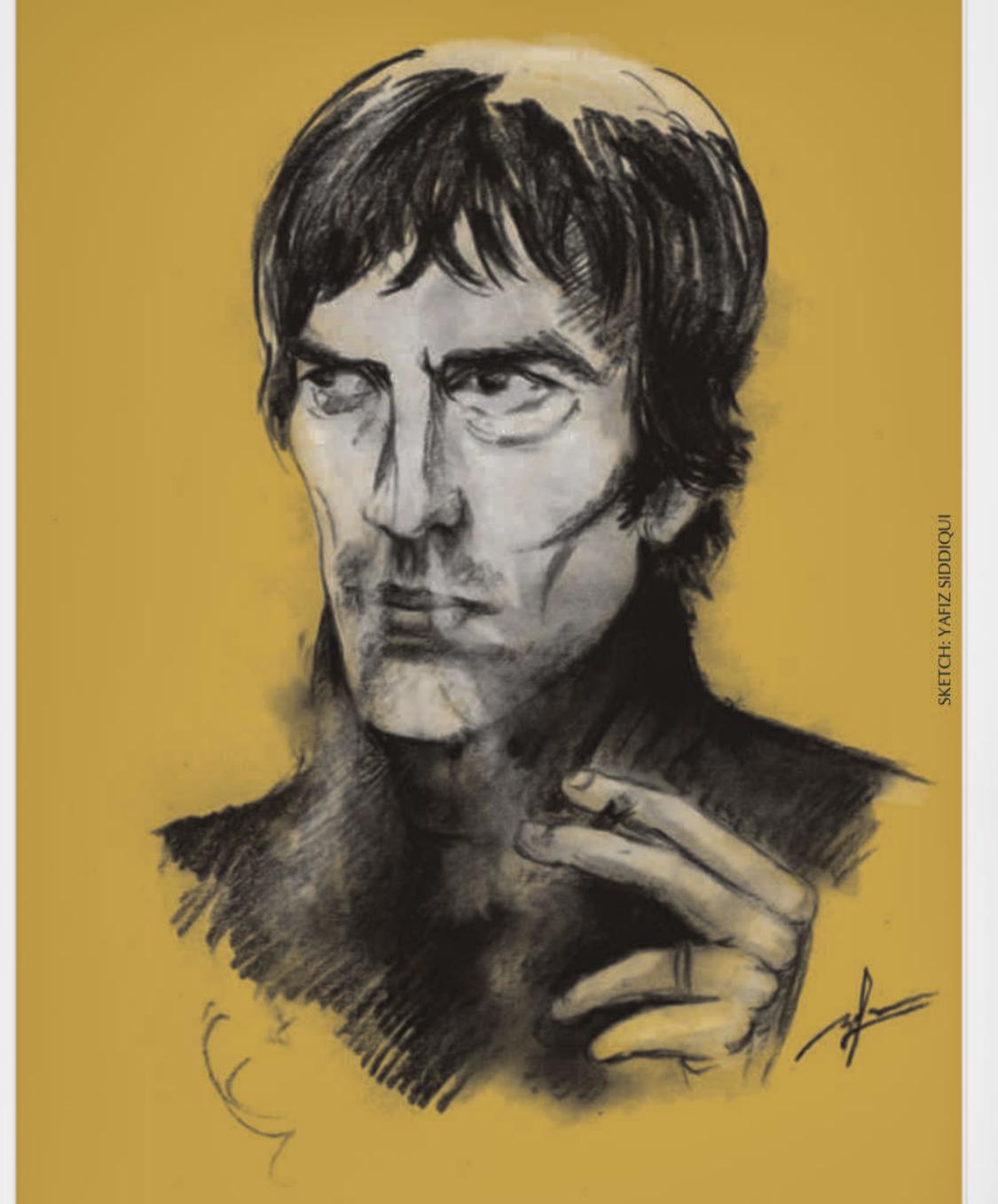
The next time you tear your hair with all the life's problems, call up your child. You are likely to find the conversation very healing.

Meanwhile, Nusrat Jahan - a housewife and mother of three - watches her children being always active and full of life. She believes that one of the reasons kids are so cheerful is because of all the fun activities they take part in.

"Nowadays, when I'm worried or anxious, I turn to the basketball hoop in my backyard. Even simply going nuts with a balloon or playing with a ball can be so elating," she tells.

When you are worried, drop everything and play a little and feel the difference. It's fantastic what a mere five minutes can do to reduce stress!

Names of some people have been changed.



## RICHARD PAUL ASHCROFT

**September 11, 1971** 

ichard Paul Ashcroft is an English musician, singer and songwriter. He was the lead singer and occasional guitarist of the alternative rock band The Verve from their formation in 1990 until their split in 1999, and continues as a lead vocalist working with guitars and keyboards. He became a successful solo artist in his own right, releasing

three UK top three solo

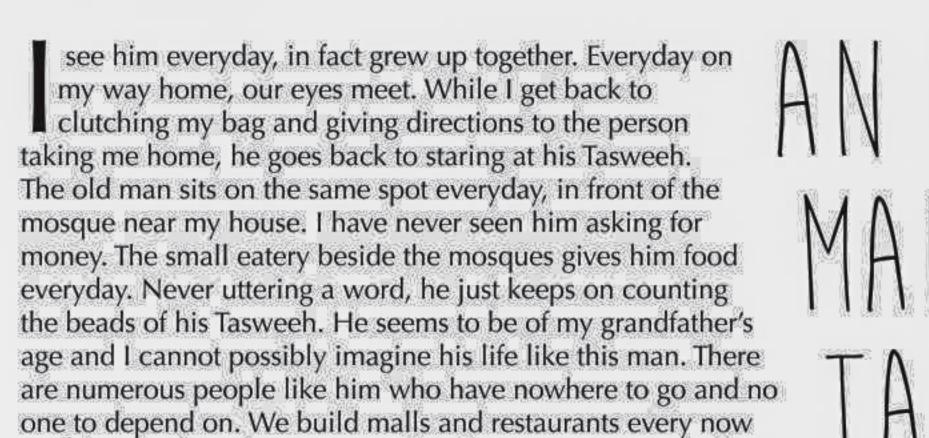
albums.

66 A CLASSIC SONG IS TIMELESS. YOU'LL NEVER OUTLIVE A CLASSIC SONG.

I CAN'T STAND NOSTALGIA. I FIND IT VERY EMPTY.

I LOVE PEOPLE CALLING ME MAD. ) )

SOURCE: WIKIPEDIA AND QUOTES 4 LIFE



and then. In fact when it seems that things are running well, we

open new ones. But we hardly think of saving some of the

money and making a shelter for people like him and giving

them some hope for their life. We invest our money in so many things even if we already have them. There are people who are capable of helping out. But we don't come forward thinking "these people are happier with their life on the streets", "they earn more then we do", "we want to help but they don't want it". There is no crime in trying. There is always a scope for explaining them the fact that they could live in dignity and good health in the remaining days of their lives. We don't need to start big. Small steps from everyone can bring a lot of change. Fabiha Tanzeem

Purana Paltan, Dhaka



## STOP COMPLAINING

he image from a few mornings ago, when I was on my way to attend a morning lecture at my college, kept coming back to me. As I was stuck in traffic congestion near Kakoli, I saw someone sitting in one of the best looking cars on the street, rolled the window down and threw a big packet of trash on the street. I believe this same guy would talk with his friends and put up status on facebook complaining our never ending waterlogging system and city's poor garbage management. The saddest part was that piles of garbage were strewn all over the place, and there was no one to clean it up. The garbage was thrown by you, me and the random passer-by. How can we choose to make ourselves look clean and beautiful while otherwise, we so indifferently trash our own city all year round? While I agree that adequate bins are not placed around the city, blaming the system and conveniently forgetting that 'we' ourselves are the system will not help matters much. Stricter punishment should be meted out to those who throw garbage on the roads. Not monetary fines, something to prick the conscience and to wake us up. Sara Binte Hasib University of Dhaka



NUMBERS

# 8000000

he number of migrants that Germany is expecting to have this year which is four times the number from the previous year. In fact experts believe that this figure could go up to 1 million. Germany is the top destination for migrants in Europe which receives around 43 percent of all asylum applications among the 28-nation European Union.