

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.



M H HAIDER

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 giving.

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 solace in his beautiful sayings. "Buddha's 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 explains.

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-talk

When on his way to the court or before attending a crucial meeting with a client, Barrister Rashed Khan calls up his three-year 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.

Play

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.

NUMBERS

800 000

The 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.



PHOTO: INTERNET

AN OLD MAN'S TALE

I see him everyday, in fact grew up together. Everyday on my way home, our eyes meet. While I get back to clutching my bag and giving directions to the person taking me home, he goes back to staring at his Tasweeh. The old man sits on the same spot everyday, in front of the mosque near my house. I have never seen him asking for money. The small eatery beside the mosques gives him food everyday. Never uttering a word, he just keeps on counting the beads of his Tasweeh. He seems to be of my grandfather's age and I cannot possibly imagine his life like this man. There are numerous people like him who have nowhere to go and no one to depend on. We build malls and restaurants every now 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 than 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



SKETCH: YAFIZ SIDDIQUI

RICHARD PAUL ASHCROFT

September 11, 1971

Richard 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.



“ 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



PHOTO: PRABIR DAS

STOP COMPLAINING

The 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.

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