

A 5-minute break for your well-being

Is life stressing you out? Aren't there times when you want to escape, go somewhere or do something to relax your nerves? While it is not possible to go on holidays frequently to get away from the mundane 21st century life, it is very much possible to give yourself a short break every day, even it is just for 5 minutes.

To enjoy this 5-minute vacation, the first thing you need to do is disconnect yourself from the outside world. Not completely, of course, just switch off or silence your cell phone for 5 minutes, so that a ping or a flash on the screen does not distract you.

SIT IN YOUR BALCONY

Sit in your balcony early in the morning or at the end of a long and tedious day to treat yourself to a hot cup of your choice of drink—creamy coffee or thick steaming tea... Gaze at the blue sky or whatever bits of blue sky that peek out from behind 10-storey residential properties. Enjoy your tea, enjoy these 5 minutes. And when you do, try to put aside all the worldly worries.

LEAVE WORK FOR A WALK

Modern-day office buildings are steel-glass cages. In many office buildings, the windows cannot be opened.

Samia Tasnim, who works at a financial institution, said that their office building in Uttara, Dhaka, has sealed windows. "On days when there is a power outage and the diesel-powered generator does not work properly, the indoor environment becomes unbearable," Tasnim said. "On such bad days, most employees have to leave the workplace."

Power outage or not, the air-tight office spaces that are fully air-conditioned do not allow people to breathe in the outside air. To take a break from an air-tight, fast-paced office environment, go outdoors and take a short walk. And while you do this, silence your constant companion, your cell phone. If possible, go for a lunchtime walk to re-ener-

gise your mind and body, even it is for just 5 minutes.

LISTEN TO A FAVOURITE SONG

Set your cell on the silent mode, close your eyes and use headphones to listen to a favourite song. Your focus should be on the song alone, its lyrics and its rhythm, nothing else. Soak up the song, feel it to the core. This 5-minute vacation will help you lose yourself in a whole different world.

READ

Read something unrelated to your work or studies. It can be a feature article published by National Geographic, interesting recipes on a culinary blog, or jokes that will make you laugh hard. Read anything, anything that is not related to your task at hand.

DAYDREAM

Yes, daydream. Just close your eyes for 5 minutes and daydream about anything. Let your thoughts come in and leave your mind. Remember to keep your eyes closed the entire time.

Cut out 5 minutes for yourself from a day of 1,440 minutes. It is not much. Use these 5 minutes to give yourself a break. The world out there is demanding, so we often push ourselves too hard to achieve the goals of life. But having to push ourselves all the time leaves us exhausted, overwhelmed and depressed. So sometimes, all we need to do is just sit still and let the clock tick away.

By Wara Karim

Style that matters

If you want to know what's IN at the moment in the world of styling, then read on to find out for yourself.

GREY STREAKS

You have seen them flaunting neons, purples and mahoganys, but did you know that all these looks have been trumped by the grey hair streaks in 2019? If not, then it's about time you enlighten yourself on fashion and styling...because you are falling behind.

However, if you are in your 20s and wondering how to flaunt grey's at all, when you have none, then we certainly have the answer for you in temporary colours, sprayed over the naturals as a feathery-white swirl. The underlying idea is to have a deeper shade below the highlights, preferably jet black. For the 40s and above, we can only say using grey hair is a pride and quite opposite to the far-more-common practices of fake blonde streaks. Greys convey the absence of pretence, implying authenticity and the courage to reveal one's true age. But natural grey's do come with some extra baggage, like dry, thinning conditions and it can only be combatted with extra care like regular oil massages and trimming of edges. Grey hair has its boon as well, besides being super stylish, it looks superb on short hair and that means less trouble with the wanes.

Yay!

COLOURS THAT MATTER

The ABCs of styling require that we know by heart the colours that are complementary or inconsistent. For the novices, it's always down to trial and error, with only one fashion mantra in mind — try out everything in the wardrobe, in a combination. And if all that fails, then Instagram is always there as the final saviour.

This month, there is a particular pairing that is doing the rounds, and it's none other than lilac and green. Myriad influencers are donning these two colours together, whether be it as a pant-top combinations or a green knit, slinging over a lilac blouse.

That said if any of you is looking to make a true statement, then you'd definitely want to try out the ultraviolet and moss green duo.

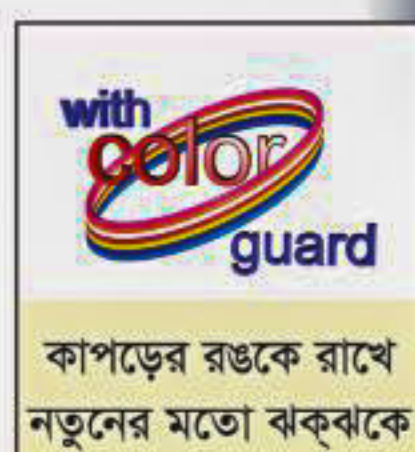
Happy Pairing!

By Fashion Police



ফাস্ট ওয়াশ

সাদা আব এক নাম



KOHINOOR CHEMICAL

