



Post-travel depression is real – here's how to cope

CONTINUED FROM PAGE 05

Engaging in physical activity and practicing self-care is a strategy that is similar to planning for a trip financially. Setting small, achievable goals such as these can help one channel their emotions in a better direction, giving one the opportunity to look forward to new things.

By Munira Fidai
Photo: Collected



◆ HOROSCOPE ◆



ARIES (MAR. 21-APR. 20)

Romance and social activity will be a promising combination. Be cautious while travelling. Avoid parting with cash unless benefits are clear. Your lucky day this week will be Thursday.



TAURUS (APR. 21-MAY 21)

Organise yourself well at work for productivity. Beautify surroundings through renovations. Weigh pros and cons to make a life-changing decision. Your lucky day this week will be Friday.



GEMINI (MAY 22-JUN. 21)

Schedule time for loved ones. Fitness programs will boost self-esteem. Your talents will shine at work. Your lucky day this week will be Saturday.



CANCER (JUN. 22-JUL. 22)

Your honesty will earn respect. Spend time on yourself. Romance may occur if you travel. Your lucky day this week will be Friday.



LEO (JUL. 23-AUG. 22)

Changes in your home will be positive. Take care of minor ailments. Involvement with children will be rewarding. Your lucky day this week will be Sunday.



VIRGO (AUG. 23-SEP. 23)

Double-check before going out. Fitness club involvement may spark romance. Exciting trips are likely. Your lucky day this week will be Sunday.



LIBRA (SEP. 24-OCT. 23)

Avoid living for others. Steer clear of getting close to coworkers. Channel energy into home-enhancing projects. Your lucky day this week will be Wednesday.



SCORPIO (OCT. 24-NOV. 21)

Your partner may blame you. Passion is the best way to relieve tension. Avoid impatience with slackers. Your lucky day this week will be Thursday.



SAGITTARIUS (NOV. 22-DEC. 21)

Deception may surround friends and relatives. Be creative in your pursuits. Avoid blaming others for stubbornness. Your lucky day this week will be Wednesday.



CAPRICORN (DEC. 22-JAN. 20)

Your partner may already know the circumstances. Attend enlightening lectures or seminars. Pamper yourself for a change. Your lucky day this week will be Tuesday.



AQUARIUS (JAN. 21-FEB. 19)

Schedule toning, fitness, and pampering. Friends and relatives can give solid advice. Get out and have fun. Your lucky day this week will be Thursday.



PISCES (FEB. 20-MAR. 20)

Set priorities straight. Take action to reach potential. Avoid revenge; they'll expose themselves. Your lucky day this week will be Thursday.



Typhoon

Fabric Care



প্রথম ওয়াশেই কাপড়ের কঠিন থেকে
কঠিনতম দাগ দূর করে।

টাইফুন... লাগে কম, তাই সশ্রয় বেশী।



Fabric Care -এর
সুপার পাওয়ার

