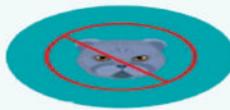
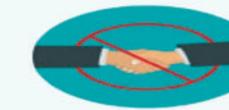


STATE TIMES

SUNDAY

Your Companion for a Funday

 PROTECT YOURSELF FROM COVID-19



Will there be a COVID winter wave? Here's what expert say

As the world has given up on COVID restrictions, we should be mindful that COVID-19 is an unending pandemic. While the number of new cases may be low, it still persists. We have resumed our normal life with the help of vaccination drives and following COVID-19 protocols. However, as one variant after another comes into being and changing weather takes its course, let's dig a little deeper to understand the impact it can cause.

Can flu cases cause a rise in COVID risk?

While there's a possibility of attaining herd immunity, scientists have confirmed that your previous infections are not a shield against the new variant. Thus, it's important to take booster shots amidst a new variant outbreak. With cases of flu on the rise, COVID cases may also plunge due to compromised immunity.

Can winter increase the COVID risk?

With the winter coming in a few days, there is always a possibility of an increase in COVID-19 infections. However, with the good amount of immunity that the majority population possesses due to natural and vaccine-related immunity (termed hybrid immunity), it appears there will not be a disastrous wave as seen in the past.

Here's what the expert says

Dr Sanjith Saseedharan, Consultant & Head Critical Care, SL Raheja Hospital, Mahim-A Fortis Associate, says "We may see an increase in the incidence of people having symptoms like a common cold because there is a chance that COVID-19 and the flu virus might be circulating together during the winter months. This is also because flu-related immunity will be low as the last two to three years have seen people taking many precautions.

Is the risk of a COVID outbreak slim?

"We can be reasonably sure, considering the current infection rate, that we will have low infections of COVID-19 this winter as compared to the last two years. Also, we can be assured that the new variants will not drive up hospitalizations or deaths. The same infection can be a problem for a vulnerable population like the elderly with comorbidities, so they must take precautions as and when required," says Dr Saseedharan.

To prevent the spread of COVID-19:

Wear a mask in public places. Everyone must maintain a safe distance from others (at least 1 metre), even if they are not sick. Keep your hands clean by washing them with soap and water. Sit in open and well-ventilated spaces over closed ones. Use an alcohol-based sanitizer when physical distancing is not possible. Get vaccinated if not done yet. Take a booster shot if you've had a recent brush with Coronavirus. Stay home if you see COVID symptoms.



Struggles of working parents: Things that we know and that we do not

We all see them juggling between work and kids. We see them rushing through office doors, attending phone calls, appearing in meetings, and then rushing out of office. We see them canceling parties and get-togethers. We see them fixing appointments with doctors. But what do we not see that working parents go through every single day? There's a lot.

They always have difficult choices to make

Several times they find themselves in a critical situation. For example, an important meeting with a client coincides with the kid's PTA meeting making it almost impossible to choose one and drop another. Prioritizing work and choosing between job and child care puts working parents in never-ending dilemmas.

They are always criticized

Working parents are condemned for being selfish and greedy. Society does not consider them as good parents, especially the mother. Even if a woman is a successful entrepreneur, her role as a mother is often judged. She is ridiculed for running after money, power and position and not fulfilling the basic duties of a parent.

They do not get proper sleep

A working parent hardly gets time to have a sound sleep. The person is always caught up between strict deadlines of work, project, assignment and kids' vaccination doses. A working parent works round the clock and several times he or she has to sacrifice sleep.

They hardly get a "me-time"

Working parents get so busy with meeting targets and fulfilling the demands of kids that they hardly find time for themselves. The commitment to work and the guilt of not leaving the child without any care, leaves them with no choice but to ignore their own priorities, including health.

Somedays, they drag themselves out of bed

Working parents run on limited energy. Sometimes they have lots of enthusiasm that adds to the energy, but some days they simply crash. If your colleague who is also a mom to a three-year-old appears dull and lost on any day, try to imagine how much she would have struggled in the morning to come to the office.

The never ending pressure

The pressure of meeting financial needs, the burden of fulfilling social obligations and the need to look after all, pushes these individuals too hard sometimes. A small mistake by your colleague might be the result of a night spent without sleeping worrying about money or something else. The bitter argument that you had with your senior might be due to your kid's performance in school which has bothered you a lot.



5 psychological reasons why your relationships don't last



We often wonder what went wrong in our past relationship that we broke apart even when all was going well. We do not realize that the small things we look past or let go or did not even consider, were some of the major reasons that gradually led to a break up. For better understanding, here are 5 psychological reasons why your relationships don't last.

You don't ask what you want

Many couples just think of things they wish they could have done but they never communicate it with their partners. They feel embarrassed or scared of their partner's reaction which makes them keep it to themselves. When you just sit around and think that things will change and then one fine day all the frustration comes out, how can a relationship last?

Cannot say NO

We cannot stress enough on how important saying NO is. It is not just for physical safety but also for your mental health. By saying yes to please people all the time and not doing what you like because you could not say no, it can land you into a pit that seems to be getting deeper and depressing. Saying no to your partner for unnecessary food binge, sex you don't want, saying no when your partner wants to over-work is crucial. If you are unable to say this in a relationship, you have a very hollow bond which is steeping close to its end.

Not drawing and enforcing boundaries

The need to set healthy boundaries is very important. Not just setting boundaries, it is crucial that you enforce them too otherwise there is no point. If you set them and not follow them yourself, you are letting your partner think that your wishes are not serious and that you can be taken for granted.

Your world revolves around your partner

This scenario is nothing but insecurity and self-doubt. When you feel great only when your partner is around and his or her presence makes you feel lost and scared, you are in a very unhealthy set up and you are also giving the remote of your life to another person who can even destroy you. Not just that, you are also putting pressure on the other person and suffocating them too. In the end, your emotional well-being is your own responsibility and not your partner's.

Questionable emotional maturity

The level of maturity in a person is a major element in keeping the relationship glued. No matter how successful someone is, if they are emotionally immature, their relationship will always be an unhappy one.

