

SUNDAY

Your Companion for a Funday

PROTECT YOURSELF FROM COVID-19



Full Buck Moon to coincide with a Penumbral Lunar Eclipse on today: All one needs to know



We are witnessing a lot of celestial events this year which is a special blessing for skygazers across the world. After a lunar and solar eclipse in the month of June, we will get to see not one but two celestial events together. For those who don't know, a special 'full buck moon' will be witnessed alongside a penumbral lunar eclipse on July 05, visible from some parts of the world.

What is a full buck moon?

Moon is said to reach its fullness astronomically when it is 180 degrees opposite the sun in ecliptic longitude. A full buck moon is a special sighting. This astronomical event happens when the moon passes from behind the earth's orbit, allowing the sun's rays to illuminate as it passes through. It happens on a full moon night.

The event will also be accompanied by a lunar eclipse, which will be a penumbral one, i.e., when the moon, sun and the earth aren't exactly aligned to their paths and the moon then has to move through the outer part of the earth's shadow. They are usually very rarely sighted since the moon only looks a bit fainter than usual. This will be the third such lunar eclipse to be witnessed this year.

This lunar eclipse is known as 'full buck moon' for a peculiar reason. According to historical beliefs, Native Americans used to refer to a full moon sighting as 'buck moon'.

Some also say that during this phase of the lunar cycle in July, a buck's antlers are in full growth mode in some regions of the world and hence, it felt fitting to refer to the sighting as full buck moon. Some also associate this event as a 'Thunder moon' or 'Hay moon' because of the number of thunderstorms which happen during this phase.

The next penumbral lunar eclipse will take place on November 29, 2020.

Timings of the eclipse

According to experts, the eclipse will start from 08:30 AM IST, reach its peak at 09:59 AM IST and end around at 11:21 AM IST. While the eclipse, unfortunately, won't be seen from India, it will be seen from parts of North, South America and Africa. The event is also a special sight to see since the full moon glows through the rings of two planets-Jupiter and Saturn, making their rings visible. However, to see this one needs a special apparatus like a telescope.

What to do if your anxiety is causing breathlessness?

In the absence of "normal weekends" and the tangible presence of friends and family members, the world may seem like a pretty cruel place right now. As the lines between personal and professional space continue to get blur with every passing day, dealing with the same can get extremely hectic, especially for those battling any kind of mental illness.

Anxiety in the times of COVID-19

The constant update of the number of positive coronavirus cases and any news of fatalities nearby can also put an enormous amount of pressure on our minds. Even though anxiety is the body's normal response for fear, those suffering from Generalised Anxiety Disorder (GAD) may actually start spiraling out of control in this era of COVID-19.

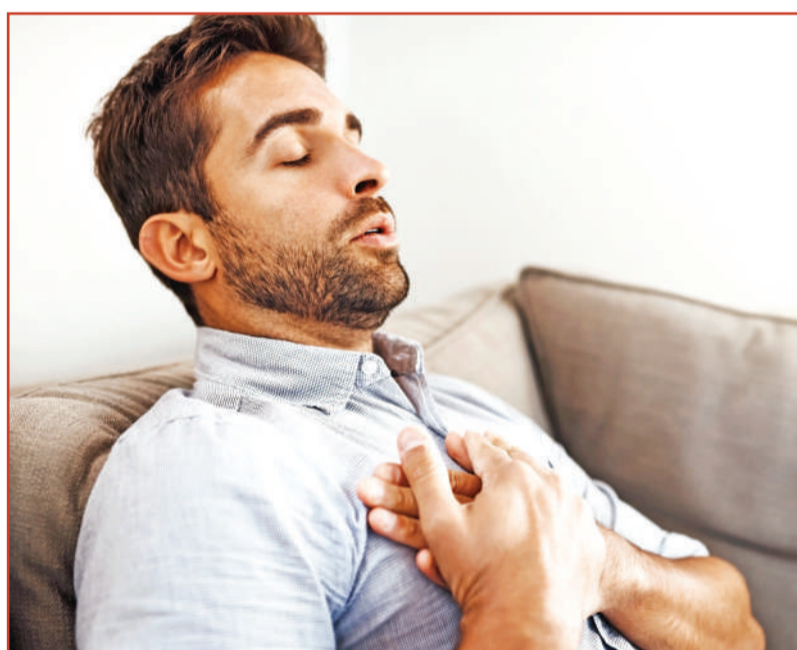
What is an anxiety disorder

Generalised anxiety disorder is a long-term condition that can make you feel anxious about a wide range of situations and issues, rather than one particular cause of anxiety. One of the most common symptoms of feeling extremely anxious and out of control is shortness of breath, which can also be the most terrifying. You feel that you are not able to suck in enough air, your chest starts to feel heavy and you start gasping for breath.

A lot of times, breathlessness triggered by anxiety can lead to further stress and make the person more anxious, which may cause an anxiety attack as well. If you feel that you only feel short of breath when you are severely anxious or stressed, here are certain things you can do immediately to feel better:

Why it is important to figure out the reason behind breathlessness

It is important to note that since breathlessness is also one of the main symptoms



of the highly contagious COVID-19, it can be incredibly upsetting and worrying for the person who is gasping for air to breathe.

If you feel breathless and cannot pin it to any particular reason, you may actually start thinking of the worst possible circumstances including a heart attack or catching coronavirus infection.

If you start feeling breathless, try to figure out a particular incident which triggered this reaction, instead of focussing on what is happening right now.

If you do have other symptoms of COVID and/or think that you may have been exposed, the smart thing to do would be to contact your healthcare provider to get tested and also get timely treatment.

Take deep breaths

Since your body has gone into a flight-or-fight mode, the first thing you need to do is take 10 deep breaths and calm yourself down.

With every breath, you take, remind yourself to stay in the present and stop ruminating.

You can breathe in for four seconds, hold your breath for four seconds, breathe out for four seconds, hold for four seconds and repeat if needed.

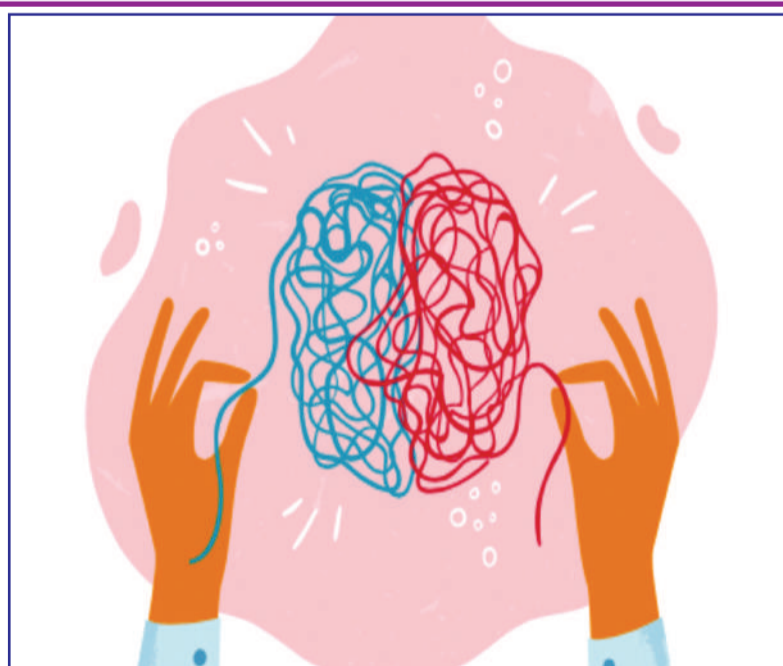
Relax your body

If you feel out of breath, start focussing on your body parts as certain parts of our body clench up when we feel anxious.

Mindful breathing and relaxation of all the body parts starting from the crown on our forehead may make it easier to breathe when you feel anxious.

You can start by unclenching your jaw, relaxing your shoulders and toes as these body parts are usually easier to control.

These five toxic lies are damaging your mental strength!



We all have met those rare breeds of people, who seem to have their life put together in even the most testing of circumstances. They tend to dust themselves and march ahead, no matter how many curveballs are thrown their way. While from distance, it may seem like the universe is functioning in mysterious ways to make things work for them, the reality is that they know how to break away from the cycle of negative thoughts and toxic phrases that we keep feeding ourselves.

The importance of feeding the truth to our mind

A lot of people don't realise that the narrative and thoughts that we keep feeding our mind often plays a pivotal role in shaping our lives. So, if you tell yourself positive and realistic statements, you are more likely to build your mental strength to move forward in life. However, if you keep believing in toxic phrases and lies, they will ultimately hold you back and also harm your mental well-being. We list down 5 toxic statements you need to delete from your life in order to build your mental strength and achieve almost anything you want:

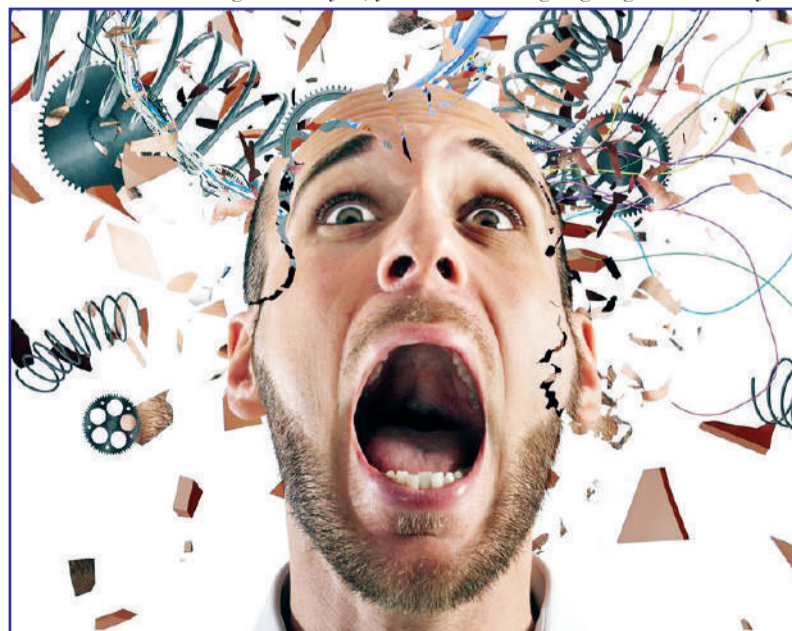
"I won't be able to recover from the trauma of past"

If you keep believing that the demons you have wrestled with in the past will keep you from moving forward in life, you will forever be stuck with licking your own

wounds. If you continue to feed your mind the narrative that you are still damaged, your brain will behave accordingly. Instead, embrace your scars and turn them into your strength. Accept the fact that you have been in a heart-wrenching situation and come out stronger. Do not hesitate to take professional help if the need arises.

"Others are so much better than me!"

This is one of the most damaging statements, you can ever say to yourself or believe in. When you constantly repeat that others are way better than you and that is why they are succeeding, it can tremendously damage your self-confidence. Chances are when you feel everyone around is naturally gifted/more attractive/more intelligent than you, you are not even going to give a shot to your



dreams.

The truth of life is everyone started somewhere and nobody becomes a master overnight. Sometimes taking the first step is the bravest thing to do and in this situation, it is telling yourself that you are good enough!

"My mental illnesses have made me weak"

If you dig a little deeper, you will know that some of the most courageous and inspiring people around you have battled mental health conditions, fought it and

come out stronger! So, stop telling yourself that your mental health conditions are weighing you down. Instead, focus on what you can do to become mentally stronger and work on it every day.

"I simply can't do it, so why waste time trying"

If you believe in this statement, the battle is already over. When you cling onto negative beliefs like these, you actually hinder yourself from achieving your truest potential. Instead of underestimating your abilities and that beautiful mind of yours, try saying that you will learn the skills needed to do this job or get the work done. When you begin to put in the effort, instead of lying to yourself that you are not cut out for the job, it can make all the difference in the world.

"I don't have enough money/time/motivation etc."

The truth is nobody has it all figured out and we are all battling our own demons. But if you really want to create your dream life, you have to stop repeating that you don't have the means to do so and take it one step at a time. Repeating these negative statements or feeding lies will only pull you down and keep you away from doing what you truly want. Want to build mental strength? Stop focussing on the 'don'ts' and start thinking about the 'dos'.

