

RELAXNOMIKS ^{Easter Edition}

candy



basket



hunt

Breakfast

Sunday!!

punnin'y!

eggcellent



easter

eggs



Celebration

April 6, 2022

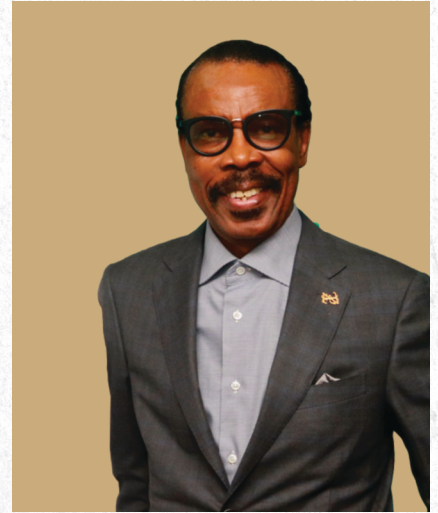


MEET THE TEAM





NOTE FROM THE PUBLISHER



Dear Reader,

We're past the first quarter of 2023. And the year, as we expected, continues to reflect the global spillovers of 2022 and even more— Russia Ukraine war, monetary policy tightening spree, bank failures and rising global recessionary fears.

In Nigeria, the story is similar, with even more grim events like the violence, voter suppression, and tribalism that marred the general elections. While we await the outcome of the handover on May 29, we cannot underplay the deepened lack of trust in the political system and fear for the future that grips the common man.

A bright spot, however, is that the cash scarcity that lasted for over three months is gradually coming to an end as old notes remain valid until year-end. But the macroeconomic picture is still depressing. Q1'23 GDP growth could slow to 1.25% as the purchasing managers index contracted in February (44.7 points) and March (42.3 points) and inflation is still astronomical (21.8%).

For these reasons and more, we all need to take a break. Relax, even. And this is where the Easter edition of the FDC Relaxnomiks swoops in to save the day.

We have carefully selected stories on binge-worthy movies, money-saving shopping tips, games, jokes and sports to keep you entertained this festive period.

So, sit back, relax and enjoy the heart-warming, fresh and jolly content of this Relaxnomiks.

It's worth the read!

Happy Easter!

Bismarck Rewane

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A FEW THINGS TO KNOW ABOUT EASTER

Before we get to stuffing our baskets and playing with bunnies, it will be good to know a bit more about this holiday. Here it goes!

What is Easter?

Easter is a Christian festival that commemorates the resurrection of Jesus on the third day of His burial after His crucifixion. Easter is also known as Resurrection Sunday and referred to as Pascha in Latin and Greek. ¹

In countries with large Christian populations, Easter which, always falls on a Sunday, is often a public holiday. Good Friday (which marks the day of His death on the cross at Calvary and subsequent burial in a tomb), occurs two days before Easter Sunday and it is also a public holiday. Then there's Easter Monday, which occurs a day after Easter Sunday, another public holiday.

Easter celebrations and customs

During Easter a lot of traditions and customs hold sway, although some have little or nothing to do with the death and resurrection of Christ.

For instance, the custom of using the Easter egg (traditionally, dyed chicken eggs were used, but in modern times, plastic eggs or decorated chocolate are used) as a symbol of the empty tomb is still very much in use. Additionally, eggs are painted red to symbolize the blood that Jesus shed on the cross.

There's also the custom of placing Lamb meat under the Altar, having it blessed and eating it on Easter Sunday is still very popular. Another one is associating a rabbit or bunny with Easter, which is still widely practiced. Furthermore, the frequent use of the word 'agape' (which refers to the love of God for humans) and the giving of Easter baskets to one another on Easter Sunday are very popular practices during this period.

Easter Sunday and Easter basket tradition

The Easter basket tradition is one of the major highlights of the Easter celebration. On Easter Sunday morning, families and friends exchange Easter baskets stuffed with gifts and lots of goodies. This tradition dates back to medieval times when Christians would arrive at church on Easter Sunday morning with baskets of delicious goods seeking for priestly blessings.

An Easter basket, also known as a Paschal basket, traditionally contains food forbidden to consume during Lent (meat, eggs, and dairy products). The food is then blessed by a priest when breaking the Lenten fast. This continues to be a norm in Eastern Christianity and Easter baskets are typically blessed before the midnight service on Holy Saturday, with their contents being consumed at the feast after the service.



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Easter symbols and their meanings

It is always good to look through the history of holiday celebrations. It is this level of inquisitiveness that led to these questions (among many others): How did they start? What makes them different from other holidays? Who started it? For now, though, the focus is on unique symbols.

Like every other festive season, Easter has different symbols, each with their own meaning. The most recognized ones are the Easter rabbit and the egg. However, there are various other symbols used during this period. This article helps highlight a few of them and their meanings.



Easter Baskets: It's also referred to as a Paschal basket. In traditional Christianity, the Lenten fast is broken by blessing a basket containing foods that are off-limits during Lent (meat, eggs, and dairy products). However, in modern Christianity, the emphasis is on making a Lenten sacrifice (giving up pleasures such as chocolate, cookies, social media, and so on) rather than the traditional abstinence from meat, dairy, and wine.



Baby Chicks: This is a popular Easter emblem that represents new life and fertility.



Easter eggs: This is a significant Easter symbol that is a universal symbol of fertility. Eggs must be cracked open for a new life to emerge, which can be likened to how Jesus' tomb was opened by God so that he could emerge after being resurrected. Easter eggs represent both Jesus' tomb and his resurrection.



New Easter outfits and bonnets: This signifies new life and rebirth. On Easter Sunday, many individuals wear new clothes to church in order to bring them luck for the upcoming year. Over time, elaborate Easter bonnets entered the tradition. This eventually gave rise to the practice of churchgoers parading around the streets after services to display their outfits.



Soft pretzels: Pretzels are traditional Lenten foods that were created in the 600s by monks. They require only flour, salt, and water. The shape depicts a common prayer position, with arms crossed in front and hands on shoulders.

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MAKE YOUR EASTER BASKET FUN

There are diverse types of Easter baskets but there is a basket for everyone: for babies (stuffed with toys and colourful reading books); boys and girls (with chocolate, candy, colourful reading books, and art supplies); teenagers (with trendy items, rabbit headphones, egg soaps, chocolate and candy); mom and dad (snacks, gift cards, hobby items, beauty products, chocolate).

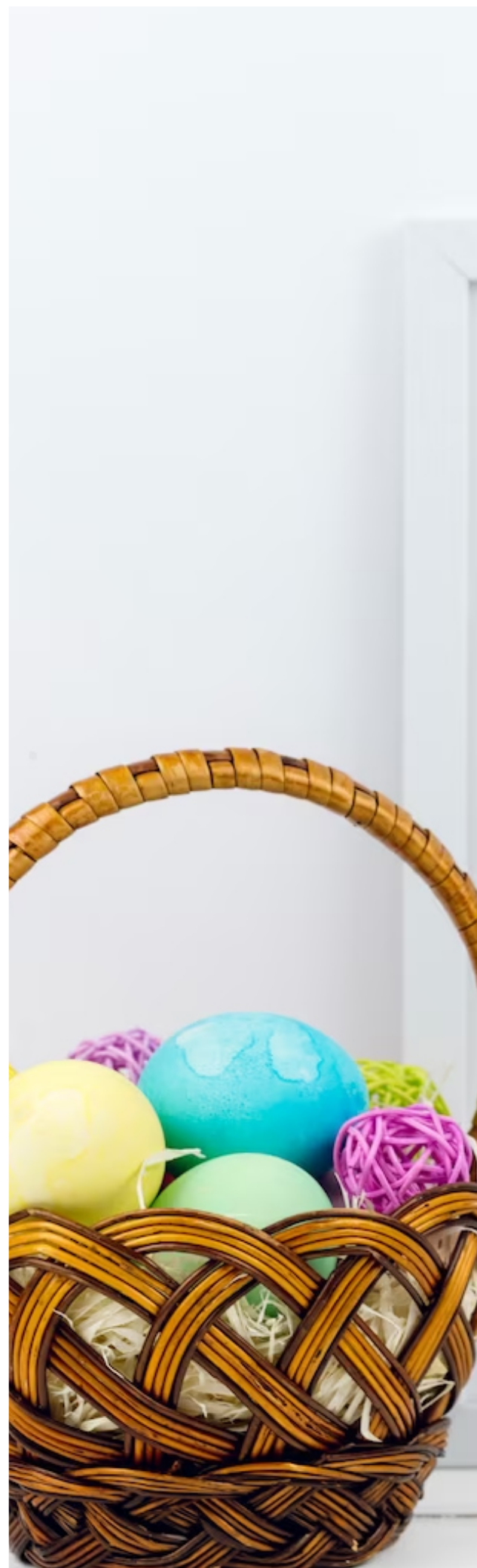
Traditionally, an Easter basket contains decorated eggs, marshmallow chicks, chocolate, candy and stuffed bunny toys.² However, for this season, if you're thinking of gifting your loved ones, family and friends an Easter basket, ensure that it is well decorated and stuffed with lots of goodies including the following: chocolates, cards, stuffed animals, card games, art and craft supplies, bunny ears, and a Bible.

Chocolates

Chocolate is one thing you won't find in the original Easter story which tells of Jesus and his resurrection. Originating in the northern hemisphere, Easter draws heavily on pagan traditions.³ The chocolate egg started as a pagan symbol of fertility and spring and developed into a representation of Christ's resurrection.⁴ To this day, eating chocolates during Easter remains a family delight.

Cards

Easter is always a period of connecting with loved ones, family and friends. Christians love to send Easter cards to share the story of God's love for everyone and to encourage people in their journey of faith that there is more to life than the 'here and now'.⁵ Sending Easter





cards to loved ones is a good way of letting them know they are special and much loved. You can send personalized or customized Easter cards to your loved ones and friends with inscriptions such as “Wishing You Joy and Peace and a very Happy Easter”, “Happy Easter to Your Family” and “Wishing You God’s Abundant blessings. Happy Easter!”

Stuffed animals

Kids love plush toys and stuffed animals to cuddle. So, shopping for cute little stuffed toys to include in the Easter basket is the warmest thing to do for the little ones. Besides, they’re affordable and having them in the family Easter basket will be a pleasant surprise for babies, boys and girls.

Card games

These one of the best Easter games that can keep all family members involved and entertained. You can create personalized game cards that contain holiday-themed inscriptions. Kids, teens and adults love card games, so playing at Easter is a good way to unwind.

Art and craft supplies

Decorations for the home help a great deal in conveying an Easter feel and making everyone in the family merry and happy during the holidays. Adorning doorways, windowsills, console tables, dining tables, and mantelpieces are activities that can bring love, warmth and joy to your family. Easter garlands are a lovely way to decorate, and even pretty, floral bunting will give your home an Easter vibe.⁶

Bunny ears

The Easter Bunny is a rabbit that delivers presents and eggs to children on Easter. The tradition goes back a long way just like the one about Santa Claus and the Tooth Fairy. Rabbit ears that are straight up mean that the rabbit is curious or alert and rabbit ears that are not straight up, not tense, and back usually indicate that the rabbit is relaxed or content.⁷ For a complete holiday delight for kids, Bunny ears must be reflected in your Easter basket.

Bible

A Bible is a great gift idea for loved ones, family and friends during Easter. Bible story books and devotionals are faith-based gifts that can inspire and build children and adults respectively.

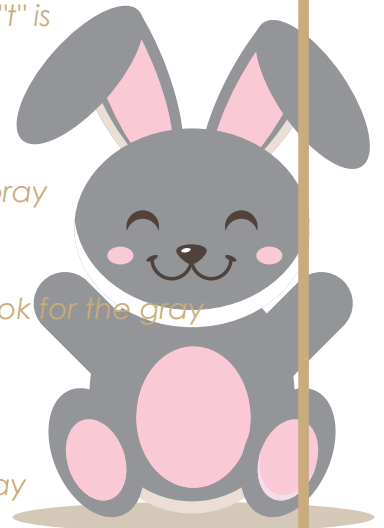
Although Easter baskets are prepared a day before Easter, unpacking them can be so much fun if its accompanied by an element of surprise. So, go ahead and stuff your baskets with all the surprising goodies to the delight of your family and friends. Have a fun-filled Easter!



FOR LAUGHS!!!

Here are some cheesy Easter jokes and puns for you to share a laugh or more with family and friends.

- What do you call the Easter Bunny the day after Easter? *Eggs-hausted*
- When is it okay to place all your eggs in one basket? *On Easter!*
- What do you say after you burp during Easter brunch? *Eggs-cuse me*
- What's the best type of jewelry to gift on Easter? *A 14-carrot gold necklace*
- What's the best way to make Easter easier? *Put an "i" where the "t" is*
- How does Easter end? *With an "R"!*
- What is Easter Bunny's favorite kind of music? *Hip-hop!*
- How does an Easter Bunny keep his fur looking so good? *Hare spray*
- Why shouldn't you tell an Easter egg a joke? *It might crack up!*
- How can you tell which rabbits are the oldest in a group? *Just look for the gray hares*
- What's an Easter egg's least favorite day? *Fry-day*
- Why was the Easter Bunny so sad? *He was having a bad hare day*
- Why couldn't the Easter egg go back to school? *He was egg-spelled*
- Why did the Easter egg hide? *It was a little chicken*
- How does the Easter Bunny travel? *The hare-plane!*
- Why was Rihanna so happy on Easter? *She found eggs in a hopeless place!*



Easter traditions around the world

Easter is unique to different countries across the world. But what does Easter look like in some of these countries? Well, find below five intriguing Easter traditions observed by selected countries around the world, in no particular order. Who knows, you just might be inspired to attend one during your vacations.



Flying kites (Bermuda): While flying kites can be a relaxing and even competitive sport, the Bermudians adopted this activity (popularly known as the KiteFest) to commemorate Good Friday. People go to the beach to fly their homemade, brightly coloured, geometric kites (mostly hexagonal or octagonal). According to legend, the idea of flying kites was inspired by a local teacher who struggled to explain Jesus' resurrection to his Sunday school class. As a result, he created a kite to better demonstrate the event. If kites aren't your thing as a visitor, you can also enjoy the traditional dish of codfish cakes and hot cross buns usually consumed during the celebration.



Starting a Bonfire (Europe): As a visitor, you may be tempted to call the fire department as soon as you notice a large fire. But don't worry, it's a type of Easter celebration in some parts of Europe, including Germany. The day begins with the lighting of a bonfire, known as the Easter Fire. It is believed that the fire chases away the winter darkness and protects homes from misfortune. The celebration has evolved into a fun way for community members to get together and celebrate the coming spring.





Costume dress-up (Finland): Halloween paints a really close picture of what the Easter tradition looks like in Finland. On Palm Sunday in eastern Finland and Holy Saturday in western Finland, the children typically make an appearance dressed as Easter witches with painted freckles on their cheeks. In exchange for chocolate eggs, they visit their neighbours' homes door to door while chanting hymns to ward off evil spirits.



Eating a large omelette (France): Don't forget to bring a fork, plate, and your appetite if you happen to be in southern France on Easter Monday since you will undoubtedly have a hearty lunch. Every year, a massive omelette is made and served in the town's central square as part of the Easter celebration. More than 15,000 eggs are used to make the omelette, which can serve up to 1,000 people.



Firework display (France): A spectacular event known as Scoppio del Carro, or "explosion of the cart," takes place on the morning of Easter in Florence, Italy. It begins with an elaborately adorned cart filled with fireworks and paraded by people in historical costumes. At Easter mass, the priests light a fuse inside the church when the cart pulls up to the Cathedral Square, igniting a dazzling firework display to the delight of the crowd. If you're in Florence for the Easter holiday, make sure to go to Cathedral Square on Easter Sunday morning to witness this spectacular event.

***770#** 

Start now. Dial ***770#**



Getting

your

Easter

Groove

on

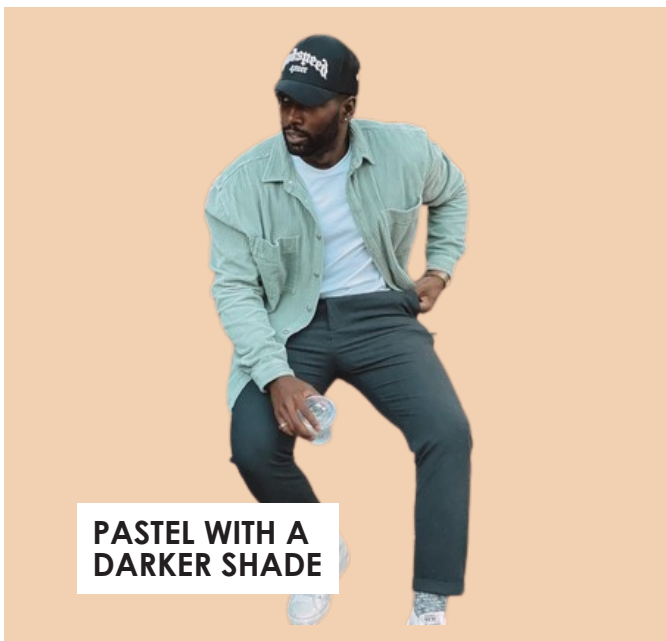




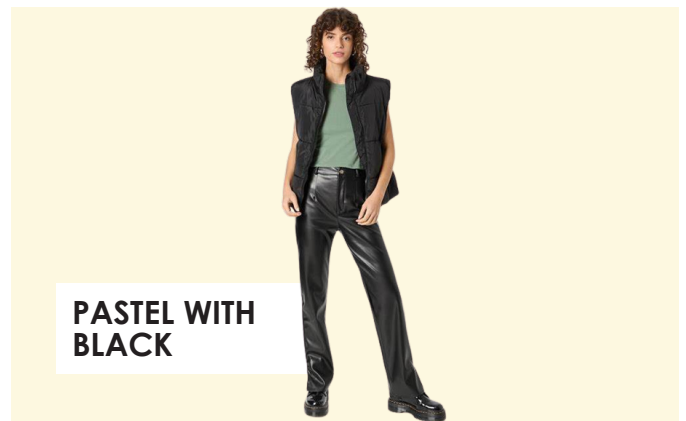
A PASTEL WARDROBE FOR EASTER

It's time to slayyyyy!!! Unlike Christmas, which has only three main colours (green, red, and gold), the Easter season is associated with pastel colours. This means that you have 21 different colours to choose from when styling your Easter outfits. So we have compiled a list of good matches with a pastel-coloured piece of clothing.

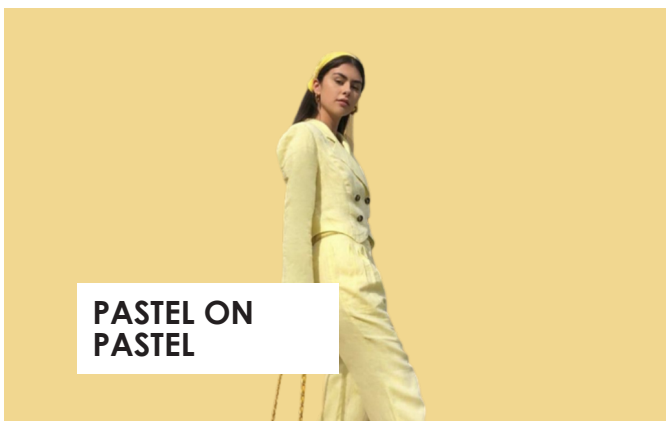
Luckily, pastel clothes go with almost everything



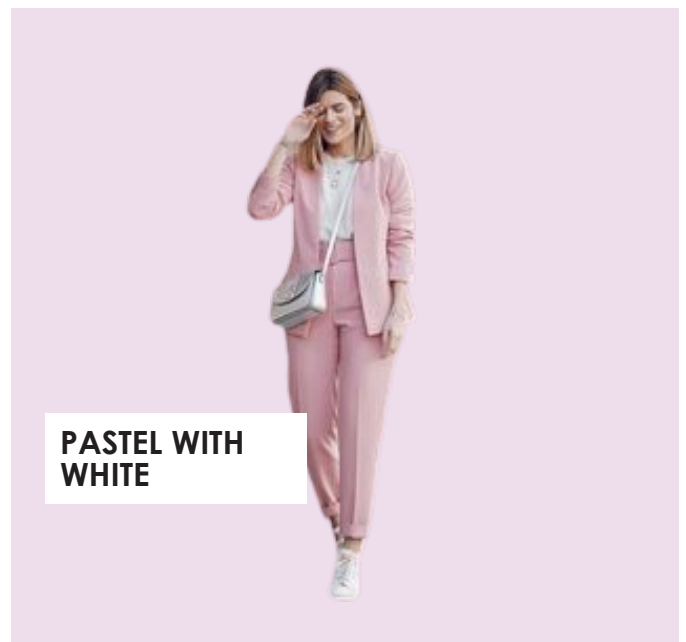
**PASTEL WITH A
DARKER SHADE**



**PASTEL WITH
BLACK**



**PASTEL ON
PASTEL**



**PASTEL WITH
WHITE**



PASTEL WITH A NEUTRAL HUE



PASTEL WITH A NEUTRAL HUE



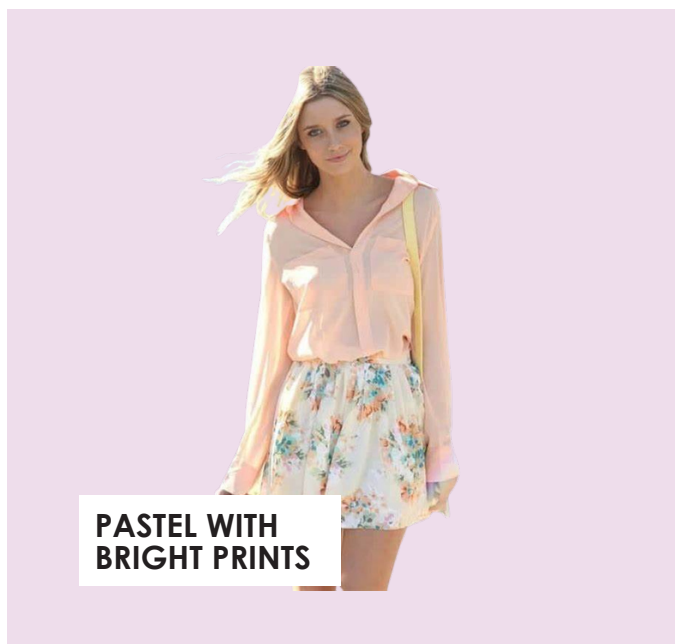
PASTEL WITH ANOTHER PASTEL



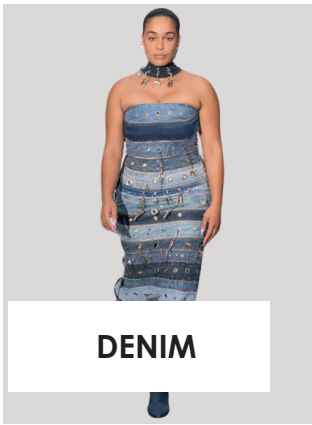
PASTEL WITH ANOTHER PASTEL



PASTEL WITH BRIGHT PRINTS



PASTEL WITH BRIGHT PRINTS



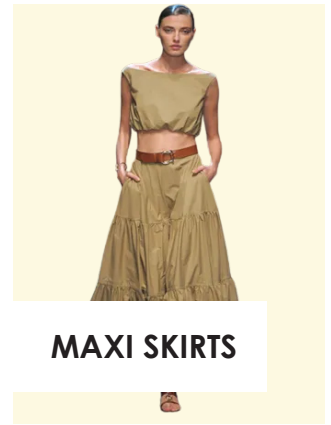
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DAYS HOURS MINUTES SECONDS



Not Just for Cowboys Anymore: 4 Stylish Ways to Wear a Bandana

CULLED FROM WSJ'

A new wave of designs featuring things like raver-style smiley faces is turning kerchiefs into a cool accessory. Plus, our favorite style techniques.

FLY FISHERMEN, ramen chefs and John Wayne impersonators rejoice: The bandana is back in style. Though silk neckties and ascots may be passé, their more-relaxed cotton cousins seem to be enjoying a resurgence. At the latest spring/summer runway shows, Parisian brand Ami tied red and olive-green versions around male models' necks to liven up leather jackets and sport coats, and, at Emporio Armani, patterned kerchiefs accompanied tailoring. Meanwhile, in the real world, George Vlagos, the owner of Chicago menswear store Independence, said he can barely keep the bandanas by Japanese fashion brand Kapital in stock. "[They] are the bestselling product in our store by far." Whether casually strung from your neck or peeking out from a jacket pocket, a bandana lets you add easy, affordable intrigue to an ensemble. And you're at no risk of resembling an extra in a Spaghetti Western: A wave of playful, modern takes from brands like NOMA t.d. and One Ear Brand go beyond classic, cowboy-style paisley designs. They feature such things as painterly florals, raver-style smiley faces or cats in space suits (you did read that correctly). In the centuries since bandanas emerged in South Asia during the 1600s, various groups have sported them to communicate a message. In the early 20th century, West Virginia coal miners battling mining companies wore red styles as a symbol of solidarity, while gay men

in the '70s hung different colored versions from back pockets to covertly telegraph their sexual preferences. These days, the message bandanas seem to telegraph most loudly is: I hate boring outfits. These right

accessories neatly add texture and life to any ensemble, said Jonathan Lukacek, who's based in Osaka, Japan, runs the Bandanna Almanac blog, and is the owner of One Ear Brand. Bandanas are pragmatic, too, he said: Slipped under the collar of a white shirt, they extend its life by circumventing sweat stains. Don't be afraid to serve your bandana a few different ways, said Chase Selby, 32, an educator in Long Beach, Calif. Mr. Selby knots his smiley-faced Kapital design around his neck, head or even the strap on his bag. Starting at about \$30, Kapital's irreverent creations let you buy into a brand whose denim jackets can cost \$1,000-plus without going broke. Consider bandanas a live lie equivalent of typical entry-level products like cologne and ball caps. And a less-fussy version of ascots, said Mr. Selby. "And hey," he added, "if it doesn't work out, you still have a piece of cloth you can wipe your phone with."





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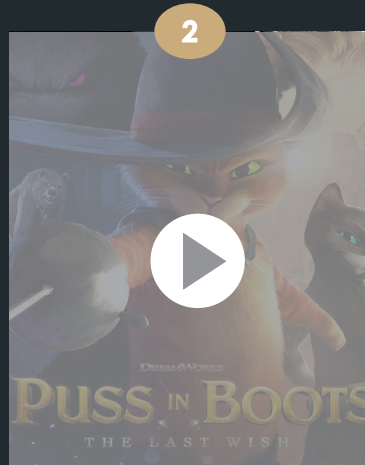
New releases

MOVIES TO WATCH THIS EASTER

6 OF THE BEST FILMS TO WATCH IN APRIL



Ant-Man and the Wasp: Quantumania



Puss in Boots: The Last Wish



John Wick: Chapter 4

COMEDY



Shazam! Fury of the Gods



Creed III



65

DRAMA

THRILLER

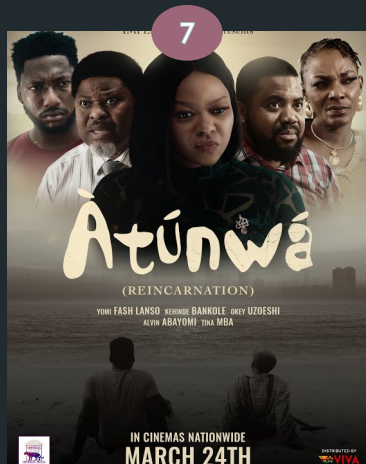
ACTION

SCI-FI

HORROR

HISTORY

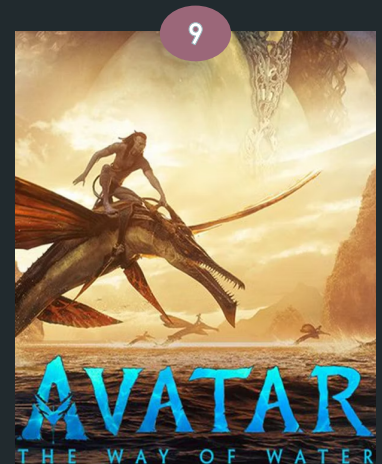
ROMANCE



Atunwa



What's Love Got to Do with It?



Avatar: The Way of Water



Movie Title: Air

Release date: 5th April

Genre: Biography, Drama, Sport

Written by Alex Convery, *Air* is the *Moneyball*-style story of how Nike changed the world of sportswear in the 1980s with the creation of the Air Jordan sneaker. Affleck plays the company's boss, Phil Knight, while Matt Damon stars as Sonny Vaccaro, an executive who persuades Knight to spend his entire basketball marketing budget on one young, untested player, Michael Jordan. Now all he has to do is persuade Jordan's mother to go along with the deal.

MOVIES TO WATCH
THIS EASTER

6 OF THE BEST FILMS
TO WATCH IN APRIL

COMEDY

DRAMA

THRILLER

ACTION

SCI-FI

HORROR

HISTORY

ROMANCE



Movie Title: Are you there God? It's me, Margaret

Release date: 28th April

Genre: Comedy, Drama

In Judy Blume's classic coming-of-age novel, an 11-year-old girl moves from New York to the New Jersey suburbs, where she deals with puberty, and struggles with her religious identity. The book was published in 1970, but it's only just been made into a film, with Abby Ryder Fortson (Cassie in the first two *Ant-Man* movies) as Margaret, and Rachel McAdams and Benny Safdie as her parents.



Movie Title: Peter Pan & Wendy

Release date: 28th April

Genre: Action, Adventure, Comedy

Yes, this is another live-action remake of a classic Disney cartoon. *Peter Pan & Wendy* is directed by David Lowery, who made the boldest of the Disney remakes, *Pete's Dragon*, and whose other projects, such as *The Green Knight* and *A Ghost Story*, rank as some of the strangest, most haunting American films of recent times.



MOVIES TO WATCH
THIS EASTER



6 OF THE BEST FILMS
TO WATCH IN APRIL

COMEDY

DRAMA

THRILLER

ACTION

SCI-FI

HORROR

HISTORY

ROMANCE



Movie Title: Renfield

Release date: 14th April

Genre: Horror, Comedy

Chris McKay, the director of The Lego Batman Movie, takes on another type of batman in Renfield, a romantic horror comedy. Nicolas Cage plays the swaggering Count Dracula, who is alive and well (or at least undead and well) in present-day New Orleans. Nicholas Hoult co-stars as his long-suffering, insect-eating servant, Renfield, and Awkwafina plays the traffic cop who convinces Renfield that hunting down innocent victims to feed to a vampire isn't the ideal career.

Movie Title: Showing Up

Release date: 7th April

Genre: Comedy, Drama

Kelly Reichardt's comedy drama, Showing Up, looks instead at those artists who get on with the job, day in and day out, even though they're unlikely ever to become rich or famous. Michelle Williams stars as Lizzie, a sculptor who is hurrying to complete a batch of clay figures for a solo show in Portland, but keeps getting distracted by her friends and relatives, an injured pigeon and a faulty boiler that her landlady (Hong Chau) never gets around to fixing.

Movie Title: The Super Mario Bros Movie

Release date: 5th April

Genre: Animation, Adventure, Comedy

Here it is at last, a cartoon from the directors of Teen Titans Go!. Chris Pratt and Charlie Day provide the voices of the Italian-American plumbers who are zapped to a planet of intelligent mushrooms and turtles. Anya Taylor-Joy voices the heroine, Princess Peach, Jack Black voices Bowser, and Seth Rogen voices an arcade icon, Donkey Kong. This Super Mario Bros. film is sure to be an improvement on the last one.



3 scrumptious Easter snacks to try this season

01

Fairy bread

For a special treat in a lunchbox, a festive dessert at a party, or even as a gift for friends, this Fairy Bread is ideal. Imagine all the reasons you could provide for using Fairy Bread! But basic or not, it's a staple at birthday celebrations and a favorite with Australian children.

02

Deviled eggs with a twist

What is an Easter celebration without eggs? Deviled eggs are the definition of simple yet elegant. The twist? Use a piping tool to fill in the egg yolk. These colorful Easter deviled eggs will add a special touch to your Easter brunch. Prepping time: 30 minutes

03

Easter bird nest cupcakes

These adorable Easter cupcakes are topped with nests made of chocolate buttercream and sprinkles, each of which has three chocolate eggs in the center. These Easter cupcakes make great baking projects for kids! Prepping time: 30 minutes



SAVE MONEY, TAKE ADVANTAGE OF EASTER SALES

Clothes are clothes. Shoes are shoes. Whether you got in through sales or you spent a million dollars, you don't wear a price tag. And this is why many believe that it's not about the brand, it's about how (charisma & carriage) and who (the person) wears it. We are a few days from Easter and if you agree with me, this is another fantastic time to shop extensively. For a good price, you know! So, if you are eager to spend this period, take advantage of the huge discounts available. We've compiled a list of items you can buy for Easter at affordable prices.



Easter Decorations

In most cases, we focus more on decorating our homes for Christmas than Easter. Both holidays are significant and deserving of equal attention. It's a good idea to decorate your home for Easter, especially if you're hosting an Easter party. It's fun and therapeutic, trust me!



Easter candy and sweets

If you have a sweet tooth, then this is definitely the best time to shop and stock up on your favorite candies. Most shops offer discounts. It is basically a win-win situation for you as you get to satisfy your cravings without breaking the bank. You even get to have more candies to share with others to celebrate the Easter season.



Cleaning equipment

While Easter is the biggest holiday in March and April, these months are also known for spring cleaning. For this reason, cleaning products are found to be much cheaper with most stores offering discounts on said products. So, if you are looking for ways to save money this Easter season, then add cleaning products and equipment to your list.



Beauty products

This may come as a shock to most people, but most beauty products are usually discounted during this period. The majority of beauty stores offer their products at lower prices, especially the products which are sustainable. This is done to commemorate Earth Day which is held on April 22.

HARMLESS PRANKS FOR PRANKSTERS



April Fools is gone but Easter is still on. So, there's an opportunity for everyone to have a little extra fun and enjoy themselves. Many of us spend weeks planning the perfect prank to play on people or looking to play a practical joke on our colleagues who could use a good laugh. Here are a few pranks to try, some of these require planning and even a few supplies, while others can be easily done with items you already have at home. Don't forget to keep that camera handy to capture the moment!

Toothpaste Cookies: Offer your parents a tasty cookie and a glass of milk for a mid-afternoon snack. But first, take an Oreo-style cookie and

slowly twist it until the cookies separate.

Gently scrape the filling from the cookie using a

butter knife. On one half of the cookie, replace the frosting with white toothpaste (the more mint, the better), and push the other half down until the filling is the proper thickness. Record your parents' expressions when they bite into the cookie and when they realize it is not what they had anticipated.

Broken screen prank: Download a picture of a broken LED screen, then use it as wallpaper on the mobile phone. Play a loud bang sound after a while to trick the victim into believing the device's screen has been broken. Admire the despair in your colleague's eyes as he places his hands on his head when he sees the extent of the damage. Let it go on for a while, and then, when you've had enough fun, you can tell him the truth and relieve him. But nonetheless, don't be surprised if your coworker decides to turn the tables on you.

The Broken Mouse: Here's a classic and a personal favourite that will make your coworkers second-guess themselves. Firstly, put a piece of tape over the tracking laser on the bottom of the mouse. This will incapacitate the mouse. Now, sit back and watch their frustration kick in as to why they can click but can't move the cursor. Don't forget to leave a friendly message for when they finally figure it out.





Balloon pillow: Balloons make great pillows, don't they? Before your kids go to bed, fill several balloons halfway with water to make them soft and difficult to pop, and replace their pillows with them. The key here is to ensure that the balloons are positioned properly to throw them off (use tape to keep them together). When they go to bed for a nap, they'll be treated to a silly surprise.

Bubble wrap fun: There's so much you can do with bubble wrap. You can place bubble wrap under the toilet seat for a good scare, or put it under a frequently used area rug, bath mat, or kitchen mat. This one is especially effective in the early morning, as soon as your unsuspecting victim gets out of bed. The popping sound will make such a loud bang that they will run for cover.



HOW MANY

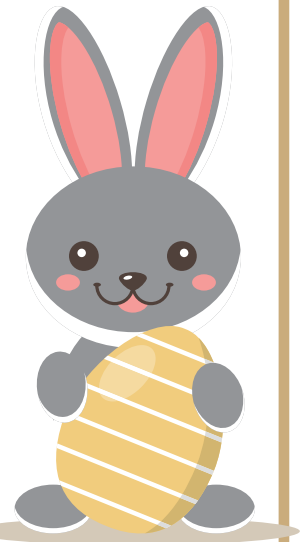
EASTER

BUNNIES

HAVE YOU

SEEN SO

FAR?



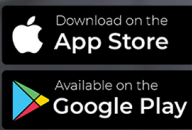


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10 INTERESTING FACTS ABOUT WOMEN

In addition to March being Women's History Month, International Women's Day is celebrated on March 8, and the theme of the 2023 Women's Day is "Embrace Equity". We just want to take some time to appreciate how living, kind, multitasking and wholesome women are. Women are wholesome, caring kind and 75% of FDC's staff. To show how we appreciate women, we are dedicating a whole section to them in the publication. Keep showing love and appreciation to women.

🥚 The two highest IQ scores in recorded history belong to women. One of which is Marilyn Vos Savant. To this day, she holds the title of "highest IQ" in the Guinness Book of World Records.

🥚 Women, even from infancy, are generally more interested in facial expressions, emotional tones in voices, and non-verbal cues than men.

🥚 Two of the Seven Wonders of the Ancient World were built by women: The Hanging Gardens of Babylon were planted by the Assyrian Queen, Semiramis; and the Mausoleum of Halicarnassus was built by Artemisia, Queen of Caria.

🥚 Women are capable of viewing

more colours than males and are better at remembering faces.

🥚 Women earn more than 60% of all college degrees in the United States. Women are increasingly outpacing men in college graduation and enrollment rates.

🥚 The immune systems of women are stronger and age slower than that of men.

🥚 Women outnumber men as they grow older, as they live 2-5 years longer than men on average. Women aged 85 and older outweigh men by about 2 to 1.

🥚 Women speak about 20,000 words a day, 13,000 more than the average man. A recent study conducted in the US suggests that women are more talkative due to the presence of higher levels of a certain protein in the brain. Foxp2, also known as the 'language protein', causes females to be chattier.

🥚 The first algorithm to be carried out by a computer was written by a woman, Ada Lovelace. She was also one of the first computer programmers in the world.

🥚 The world's first novel, "The tale of Genji", was published by a woman, Murasaki Shikibu, around A.D. 1000, in Japan.





HAPPY EASTER!!





Tips
&
Tricks
to a

Balanced
Life

TAKE GOOD CARE OF YOURSELF, YOU DESERVE IT!

Don't just beautify your home, look beautiful doing it. Show yourself how important you are to you. Don't wait for anyone else. From spending time relaxing at the spa or just treating yourself to a day of self-care, here are a few ways to take care of your body during this Easter holiday.



- **Exercise regularly:** This helps us to keep fit, relax the mind, strengthen bones and muscles, and improve our ability to do everyday activities. Ensure to exercise for 30 minutes at least three times a week.
- **Sleep adequately:** Getting enough sleep improves our mood and the way we relate to people. It also aids productivity and lowers health risks. An adult is expected to get an average of seven hours of sleep to function optimally.
- **Eat well:** Nutrition has been linked with emotional, physical, and cognitive health. A healthy diet provides the vitamins and minerals your body and brain need to stay active. The most important meal is breakfast; ensure not to skip it. To prevent skipping meals, you can eat small, frequent meals.
- **Journaling:** Journaling helps you know the state of your mind, track your progress and growth, gain confidence, and most importantly, understand yourself.
- **Practice gratitude:** Practicing gratitude

makes you much happier and more appreciative of yourself. Also, gratitude prevents unhealthy comparisons and creates room for greater things to happen. You can get a gratitude jar and write down what you are grateful for each day on paper and place it in the jar.

- **Meditate and pray:** Praying and meditating help build our prayer altar and our personal relationship with God. Having a relationship with God gives us inner peace, calms us in the storm of life, and gives us directions on how to go through life. It reminds us of God's love for us His children.
- **Spending quality time with loved ones:** This strengthens your bond with your loved ones, relaxes your mind, and makes you happier. This can be done by calling, texting, or physically meeting them.
- **Do your favourite leisure activities:** Take time each day at least an hour or thirty minutes to do what you love. This eases stress and makes life more fun.



HOW TO CLEAN STRESS FREE



Cleaning, like most things in life, yields wonderful results. For some, it's a great stress reliever, while others just thrive better in a clean and organized environment. It's almost like you've unlocked a new level of productivity, freedom and satisfaction when your environment is clean. But like they say, good things don't come easy. You have to put in the work, and this is where it gets exhausting, physically and mentally. Cleaning is like a double-edged sword. It's time-consuming but therapeutic. It's tiring but rewarding. Any which way, here are some ways to make cleaning fun.

Music: According to neuroscientist Robert Zatorre, "highly rhythmic sounds, especially those utilized in music, stimulate areas in networks of the brain that allow us to move and synchronize different muscle groups." It has been demonstrated in other research that background music with a rapid pace creates a cheerful or happy atmosphere, which is precisely what you want when cleaning your house.

Keep the end in mind: Remind yourself of the benefits of having a clean kitchen, dining room, living room, and bathroom. Be glad that you and your family will have a secure environment to get ready for school and work every day because everywhere is clean.

Set a timer: When you're "racing against the time," doing chores will seem more like a game. Find out how long a task should take, and then see if you can finish it a little faster. Also, it focuses your attention, which will speed up your task. Whoever can clean the living room the fastest wins! Keep track of the time and reward yourself after a job well done. Ice cream or binge-watching Netflix will do just fine.

Enlist help: Cleaning will be faster and more interesting when done with others. Rotate the chores such that each individual has a turn performing each task and no one does the same repeatedly. It gets boring when you do the same thing over and over. According to a Harvard Grant Study, having kids perform tasks on a regular basis is the finest thing a parent can do to ensure their success.

Celebrate: After you finish a task or when you have finished everything on your daily list, celebrate. Recognize that you created a plan and effectively carried it out. Congratulate yourself on your ability to complete tasks.

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QUITTING IS NOT THE END; IT MIGHT JUST BE YOUR LIFELINE

Goodbyes are hard. But it is better to wave them on good terms. When changing jobs or just quitting, how we depart is really important. It reveals a lot about how we view ourselves and the people around us. With goodbyes, it is better to keep the bridge standing as opposed to burning it down. We know it's not all rosy. Not everyone has to quit their jobs for good reasons. Regardless, leave with a good attitude. It may be hard. That's why you can ask yourself these questions below to get your head in the right space with the right perspective.



Have you had emotionally healthy, direct, and professional conversations with decision-makers at work to tell them what is not working for you? Did you give them a chance to respond?



Have you practised self-reflection and checked in with trusted advisers to explore whether it's you or an upsetting situation that's causing a problem?



Have you dug deep to ensure you are not making a lateral move and will likely find yourself having the same issues at your new job?



Have you recognized that no matter where you go, expectations, workflow, and demands will likely change?

If, after answering these questions, you find that you've made every attempt to resolve the issues in your workplace that are causing your desire to leave, it might be time to pack up your desk and move on. Sometimes leaving a company can be the healthiest decision for your well-being. If you do feel it's time to leave, stand tall and follow these five key tips to help you masterfully exit:

- **Give Notice**

No matter how you're feeling, give your colleagues some time to get used to your absence. The standard notice is two weeks, but your contract may dictate other terms. Inform your management of your intention to resign and, if possible, hand them your resignation letter in person. This might not be possible due to travel requirements or health concerns, but overall, the letter should be succinct with a thankful tone. Mention the day you will be leaving and pledge to help with the transition.

- **Let your team know about your unfinished projects**

Be organized and get ready to leave by sitting down with your employer, coworkers, and team. To make it simple for them once you depart, let them know how things stand and what has to be done.

- **Inspire your colleagues**

Even though leaving might be extremely tough, it's crucial to set a positive example of graceful leave-taking. Balanced truth-speaking is essential. Show professionalism and strength of character. It will help your reputation going forward. Go the moral route. Speak about your happy memories, how you loved the people who helped you grow, and the knowledge you've gained. In person, thank your group. On the day you go, send an email to important stakeholders emphasizing how your time together has advanced you. Urge them to keep in touch with you, and make plans to maintain contact with them as well.

- **Keep your bridges intact**

As you leave, refrain from blaming or criticizing anyone else. If you didn't directly address the problem while you were working with them, it's best not to point the finger as you exit. Own up to your choice. There is a slight chance that your paths will intersect again. Do not attempt to use the fact that you are leaving as an excuse to act rudely or disrespectfully. You might soon require a job reference, and people take notice when a former employer doesn't extol your virtues.

dARE TO TRY THESE EXTREME SPORTS



You only live once (YOLO) is the mantra of the adventurous. And it starts with sports. Why? Sports enhance physical fitness and mental well-being, foster interpersonal relationships, or achieve success in competition at all levels.

Sports can be carried out by individuals, partners, or teams. However, the severity of each sport does not depend on the number of individuals taking part in it. While some sports are normal, others are extreme and are carried out by adventurous individuals. And this is where it gets juicy! With an adventurous spirit, which we hope you have, here are some sports you can try or at least plan to try



MOUNTAIN CLIMBING:

In the sport of mountain biking, bicycles are used to travel off-road, frequently across difficult terrain, with features that increase performance and durability. The qualities of endurance, balance, core strength, bike handling, and independence are all necessary for mountain biking. Advanced trails are built with jumps, berms, and drop-offs. Participants learn how to carry a backpack, fix flat tires and broken bikes, and go on frequent group rides. Although mountain biking has a large negative influence on the ecosystem, this impact can be minimized by avoiding sensitive or wet terrain, maintaining reasonable speeds, avoiding skidding, and staying on the trail. Because of its long range and quickness, it has been shown to function as a sort of human-mediated seed dispersal.



SKYDIVING:

A technique for using gravity to go from a high point in the airspace to the surface of the Earth is known as skydiving. It involves deploying a parachute to control speed throughout the descent.

Extreme sports like skydiving are practised for both recreational and competitive purposes. Forest firefighters use parachuting as a quick way to get close to forest fires, and modern militaries employ it to deploy airborne personnel and supplies. Pilots and passengers have exploited the ability to manually evacuate an aircraft and parachute to safety to escape an aircraft that could not otherwise land safely. The most popular method of escape in modern times is an ejection seat, which is often handled manually by the pilot, a member of the aircrew, or a passenger.



Ice swimming:

Ice swimming has been around for thousands of years, with some people going to celebrate the Epiphany. Ice swimmers usually start with short dips and build up to longer swims. The International Ice Swimming Association oversees ice swimming competitions, which must be held at temperatures of 5 degrees Celsius or below.

Ice swimming can at first feel chilly and stingy, but after some time, your body adjusts and you start to experience warm tingles that will make you feel fantastic.

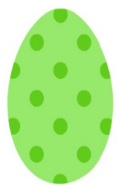
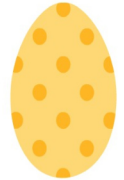


BOULDERING:

Without the aid of ropes or harnesses, bouldering is a type of free climbing that is done on small rock formations or man-made rock walls. Bouldering difficulties, in contrast to free solo climbing, are typically less than six meters (20 ft) tall and call for the climber to move horizontally from one end to the other. The complexity of each problem is rated, and bouldering's rising popularity has led to environmental issues such as soil erosion and trampled vegetation. Because of this, some landowners have imposed access restrictions or outright banned bouldering.



Easter Word Search



V U D Q N B S N A E B Y L L E J Z N
W R O W P F L J H W A H X E U G E K
F B U N N Y A D E Z M C D T R P P C
L C Q K K B M A K F A F R A A M V B
C M K R O O B A F X L F Y L B R T C
H F F C M N S I R I H N T O B Y O D
I S I H C N E R F B V W J C I U I Y
C D D G Y E I E O U A J G O T E R E
K X Y M E T P S N M E P S H G T I X
S T T H S S Y E G G S K H C W Y R E
L E J G G B W H T N I C A Y H K T C
I K V D N G M C J U G U U K N S Z Z
D S Y M I E V X S A O E G N I R P S
O A H I L W F B T O B T J D G B E D
F B W X K E R X C D N I Q K M L Z X
F N B I C E A S T E R E G G Y F C L
A G B F U W Z N D Q S I Z Q N O Q A
D R Q Z D I I A O F F U N X G J I G

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DUCKLINGS
BONNET
BASKET
CHICKS



DAFFODILS
EASTEREGG
HYACINTH
SPRING
EGGS



LAMBS
IRIS
JELLYBEANS
RABBIT
CHOCOLATE



