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# Relaxnomiks

*Eid edition*

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*Eid edition*

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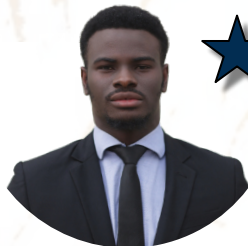
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# Note from the Publisher

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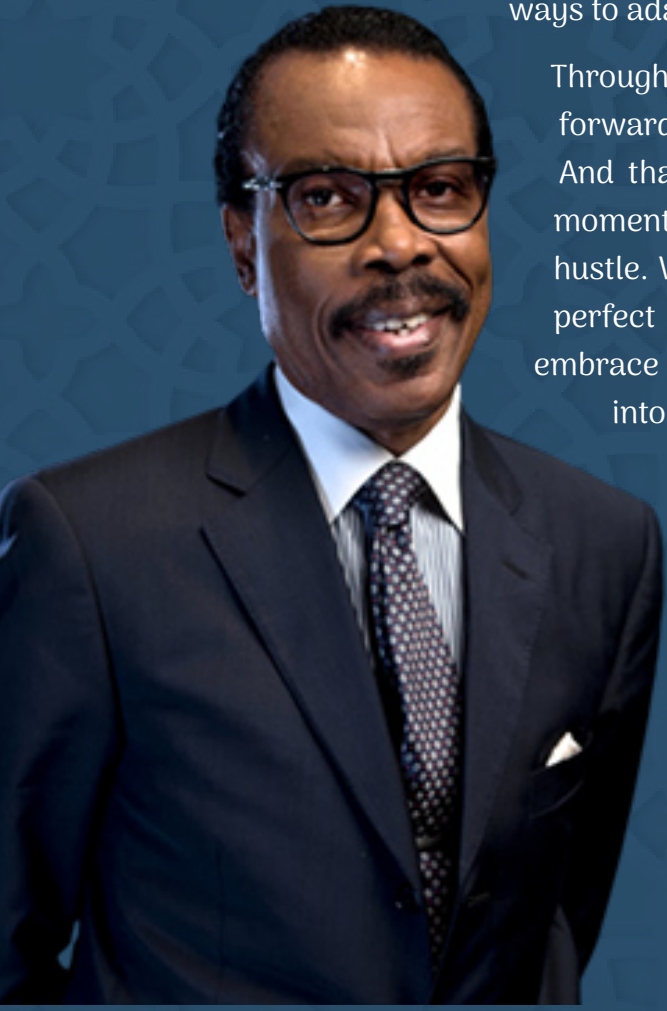
The first quarter of 2025 has been anything but predictable. Inflation is finally showing signs of easing, dropping to 23.18% in February, thanks to the rebasing exercise, a slight slowdown in food prices and a 7% dip in petrol costs. Yet, for many Nigerians, the numbers tell only half the story. Prices remain high, incomes are stretched, and every trip to the market feels like a new financial calculation.

At the same time, Nigeria's crude oil production climbed by 1.96% in February 2025, exceeding its OPEC+ quota and offering a glimmer of hope for the naira. A stronger oil sector could mean more stable fuel prices and a boost in government revenue, but as always, the impact on everyday life is never immediate. The cost of living remains a pressing concern, and while some find ways to adapt, others are simply trying to stay afloat.

Through it all, Nigerians continue to do their best—push forward, adjust, and find humor even in uncertainty. And that's precisely what Relaxnomiks is here for—a moment to exhale, unwind, and escape from the daily hustle. With Eid celebrations around the corner, it's the perfect time to take a break, share good food, and embrace the little joys that make life lighter. As we step into the next quarter, one thing is clear: resilience remains our greatest asset.

Enjoy your read!

*Bismarck Rewane*



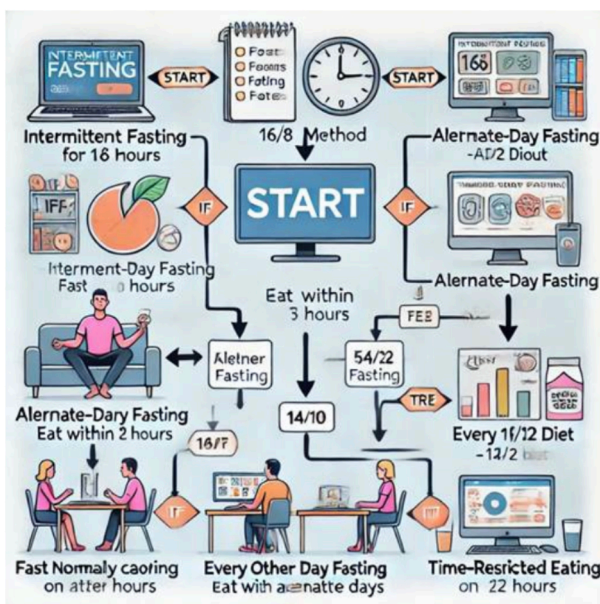


# F ood & Drinks

# Fasting & Productivity: How to Work Ten Times Harder on an Empty Stomach

Fasting, often linked to religious cultural practices or health trends such as intermittent fasting, is emerging as a surprising ally for productivity. While hunger can trigger irritability, strategic fasting may sharpen focus, boost energy, and elevate work performance.

Fasting involves abstaining from food, prompting the body to burn fat reserves, boost metabolism, detoxify, and increase energy. While fasting at work can be challenging, various methods allow professionals to maintain productivity despite hunger. The diagram below presents the types of fasting that enhance productivity.



Fasting template

## The science of focus fasting

When fasting, the body shifts from using glucose to fat-derived ketones, an efficient brain fuel linked to enhanced memory and mental clarity. Studies suggest fasting increases norepinephrine, a neurotransmitter that heightens alertness and stimulates brain-derived neurotrophic factor (BDNF), supporting cognitive resilience. However, prolonged fasting without mindful habits can lead to fatigue; balance is key.

## Tips for productive fasting

**Fuel smart:** Prioritize hydration and nutrient-dense meals. During Ramadan, hydrate at suhoor (pre-dawn meal) with water-rich foods (e.g., watermelon) and slow-digesting fiber (oats, lentils) to sustain energy.

**Time tasks wisely:** Tackle demanding projects in the morning when focus peaks. Fasting’s “laser focus” window is ideal for deep work.

**Power naps:** Combat midday slumps with 10–20 minute naps to recharge without disrupting sleep cycles.

**Stay busy:** Engage in tasks to distract from hunger—time flies when you’re absorbed in meaningful work.

### **Mind over matter**

Intention matters. Catholic fasting serves multiple interconnected purposes rooted in spiritual growth, repentance, and imitation of Christ. The Islamic concept of niat (purposeful intent) reinforces discipline, helping fasters reframe hunger as a mental challenge rather than a setback. For non-religious fasters, setting clear goals can similarly anchor motivation.

### **Listen to your body**

While fasting can boost productivity, it's not universal. Adjust fasting windows (e.g., 16:8 intermittent fasting) or consult a healthcare professional if fatigue persists.

During the fasting period in Catholic and Ramadan traditions, or any fasting period, embrace the rhythm of mindful fasting. With planning, an empty stomach might just become your secret work weapon.







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# What Your Preferred Rainy Season Drink Says About You

The rainy season creates a cozy atmosphere, and your preferred drink during this time can reveal a lot about your personality. Here's a fun breakdown!

**Hot Chocolate- A comfort-seeker and Nostalgic soul**



Hot chocolate offers warmth and sweetness with every sip, often linked to cherished childhood memories and simple pleasures.

**Tea- A calm and reflective thinker**



Tea offers something for everyone, with blends to suit all tastes from the kettle's whistle to the tea bag's gentle dip. It invites reflection and creativity. Tea drinkers are patient, savoring each sip with thoughtfulness and calm.

**Coffee- An energetic leader**



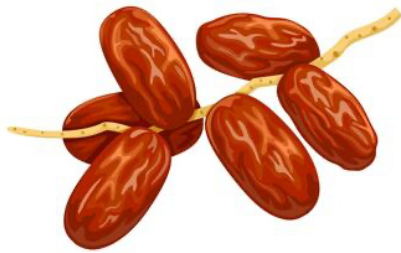
Choosing a classic like coffee exudes #boss energy. Coffee drinkers are go-getters who know precisely what they want. That bold caffeine kick fuels your energy and helps you connect with fellow coffee lovers.

**Palm wine- A social and lively fellow**



Palm wine drinkers are sociable, enjoying life's celebrations and bringing people together in lively gatherings.

# More Than Just Dates: The Science and Symbolism Behind Ramadan Foods



Ramadan is a period of spiritual and physical rejuvenation observed by Muslims worldwide. A beloved tradition during this holy month is breaking the fast with dates. More than just a cultural practice, the consumption of dates carries profound spiritual and nutritional importance, making them an essential part of Iftar (the evening meal that marks the end of the daily fast).

Dates, the fruit of the date palm tree (*Phoenix dactylifera*), are primarily cultivated in regions such as Southern Asia, the Middle East, and parts of Northern and Central Africa. Dates are mentioned in the Quran, and it is reported that the Prophet Muhammad (peace be upon him) broke his fast with dates and water, establishing it as a Sunnah (a practice to follow). Sharing dates during Iftar symbolizes the values of community and charity, which are central to the essence of Ramadan.

Nutritionally, dates are a powerhouse because they are rich in natural sugars for an instant energy boost, fibre for digestion, and essential minerals like potassium and magnesium. Dates rapidly replenish energy and hydration, making them a perfect choice for iftar.

Beyond dates, Ramadan is widely celebrated with a variety of traditional foods. In Nigeria, kunu and pap are treasured staples due to their effectiveness in maintaining hydration and replenishing energy during fasting. After a long day of fasting, kunun (a traditional millet-based drink) and pap (fermented corn, millet, or sorghum pudding) help replenish lost fluids and electrolytes.

Both are high in carbohydrates, providing an excellent energy source to replenish strength and vitality after fasting. Kunun contains vitamins like B and C, along with fibre, which aids digestion and promotes gut health. Pap contains vital nutrients such as potassium, calcium, and folic acid, which support hydration and provide comprehensive nourishment. These meals not only offer nourishment but also hold deep cultural significance, fostering family connections during this sacred month.

# Nigerian Easter Delights: A Guide to Flavorful and Budget-Friendly Festive Meals



Easter is a season of joy, reflection, and cherished moments with loved ones—not kitchen chaos. By embracing a thoughtfully planned make-ahead menu, you can savor the holiday’s tranquility, from sunrise services to family egg hunts. Below, discover a curated selection of stress-free Nigerian beverages and dishes designed to maximize relaxation while delivering unforgettable flavors.

## 1. Zobo

Zobo is a vibrant crimson beverage made from dried hibiscus flowers. Prepared by steeping the petals with spices like ginger and cloves, it offers a tangy flavor and is rich in vitamin C. Zobo is a refreshing, non-alcoholic option suitable for all ages during Easter gatherings.

*Here are some popular Nigerian drinks to consider for your 2025 Easter festivities.*

## 2. Kunu

Originating from Northern Nigeria, Kunu is a traditional drink made from grains such as millet, sorghum, or maize. The grains are soaked, ground, and fermented, resulting in a mildly sweet and spicy beverage. Kunu is nutritious and serves as a wholesome addition to Easter meals.

## 3. Palm Wine

Palm wine is a natural beverage extracted from the sap of palm trees. It has a sweet taste when fresh and becomes more alcoholic as it ferments over time. Widely consumed across Nigeria, palm wine holds cultural significance and is often present at festive occasions like Easter.

## 5. Soya Milk

Soya milk, derived from soybeans, is a plant-based beverage enjoyed in Nigeria. It's a nutritious alternative to dairy milk and can be sweetened to taste. Serving chilled soya milk during Easter provides a healthy and refreshing option for guests.

## 6. Ginger Drink

A spicy and immune-boosting drink made with fresh ginger, lemon, and sweeteners. It is versatile, as it can be served hot or cold during Easter gatherings.

## 7. Tsamiya (Tamarind Juice)

This Northern Nigerian drink has a sweet-and-sour taste, often enhanced with spices like cinnamon or nutmeg. It is simple to prepare and affordable for large gatherings.

## 8. Adoyo

A unique blend of pineapple juice and pap (fermented corn pudding), Adoyo offers a sweet yet tangy flavor that complements Easter meals perfectly.



*Some quintessential Nigerian meals perfect for your 2025 Easter celebration.*

### 1. Jollof Rice

A staple at Nigerian festivities, Jollof rice is made by cooking long-grain parboiled rice in a rich tomato and pepper sauce. Its vibrant color and smoky flavor make it a crowd-pleaser. For Easter, families often enhance the dish with vegetables like bell peppers, carrots, and green peas to add a festive touch.

### 2. Moi Moi

This steamed bean pudding is crafted from blended peeled beans, onions, and peppers. It's versatile and can be enriched with ingredients like boiled eggs, sardines, or corned beef. Moi Moi serves as a nutritious side dish or a standalone meal during Easter gatherings.

### 3. Pepper Soup

A spicy, aromatic broth traditionally prepared with fish or meat, pepper soup is cherished for its comforting qualities. Catfish pepper soup, in particular, is a favorite during Easter, offering a warming dish that's both flavorful and easy to prepare.

#### **4. Pounded Yam and Egusi Soup**

Pounded yam, known for its smooth and stretchy texture, pairs excellently with Egusi soup—a rich blend of ground melon seeds, leafy vegetables, and assorted meats. This combination is a festive favorite, symbolizing unity and shared joy during Easter celebrations.

#### **5. Coconut Rice**

Infused with the subtle sweetness of coconut milk, this rice dish offers a delightful alternative to Jollof rice. It's often cooked with spices and sometimes includes shrimp or vegetables, making it a flavorful addition to the Easter menu.

#### **6. Puff-Puff and Chin Chin**

For dessert or snacks, homemade puff puff (fried dough) and chin chin (crispy pastry) are easy to make and loved by all ages.

#### **8. Boli (Roasted Plantain) with peanut or grilled fish**

Boli, or roasted plantains, is a popular snack and side dish in Nigerian cuisine. Both green and ripe plantains can be used, offering varying sweetness levels. Often enjoyed with peanut sauce, hot sauce, or alongside grilled meat or seafood, boli adds a delightful flavor to Easter meals.

#### **9. Abacha (African Salad)**

Abacha, or African salad, is a traditional Nigerian dish of dried, shredded cassava. It's often mixed with palm oil, ugba (fermented oil beans), vegetables, and spices, resulting in a flavorful and textured salad that's popular during festive occasions like Easter.

#### **10. Tuwo Shinkafa**

This is a traditional Nigerian dish, particularly popular in the northern regions. It is a type of "swallow" made from soft, sticky rice or rice flour.

**11. Nkwobi** is a traditional Nigerian dish from the Igbo ethnic group. It is a spicy delicacy made from cow feet, typically served in restaurants and beer parlors.

**12. Suya** is a popular Nigerian street food from the Hausa people in Northern Nigeria. It is a type of grilled meat skewer, typically made with thinly sliced beef, chicken, lamb, or goat meat, marinated in a blend of spices known as Yaji.

**13. Ofada Rice** and Ayamase is a classic Nigerian dish, particularly popular among the Yoruba people in southwestern Nigeria. It combines the unique flavor of unpolished, aromatic rice with a rich and spicy green pepper sauce.

These beverages and dishes showcase Nigeria's rich culinary heritage and offer affordable options to make your Easter celebration in 2025 memorable and delicious.

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# Entertainment





Easter is the story of Jesus Christ, the Son of God, who walked the path of sacrifice to redeem humanity. The journey begins on Good Friday, a day shrouded in solemnity and sorrow. Jesus, innocent yet burdened with the sins of mankind, endured betrayal, mockery, and unimaginable suffering. His crucifixion was not just a moment of pain but a profound act of love—a love so deep that it embraced the world's brokenness. As He hung on the cross at Calvary, His final words echoed through eternity: “It is finished.” In that moment, redemption was born.

But the story does not end in darkness. Holy Saturday is a quiet pause—a day of waiting and reflection. The tomb where Jesus was laid becomes a symbol of anticipation, a reminder that hope is never extinguished even in life's most silent moments.

Then comes Easter Sunday, radiant as the rising sun after a stormy night. The stone is rolled away; the tomb is empty. Jesus has risen! Death is defeated, and life triumphs gloriously. The resurrection is not merely an event—a promise fulfilled, a victory that breathes new life into weary souls.

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## The Easter Story Retold

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Easter is more than a retelling; it is an invitation to embrace renewal. Like flowers bursting forth after Harattan's dry winds, it reminds us that no matter how barren life may seem, there is always room for resurrection—always room for hope to bloom again.

Let this story inspire us to walk in love, to live in faith, and to celebrate the triumph of light over darkness.



# Budget-Friendly Getaways: Where to Escape in March & April Without Emptying Your Wallet

With rising costs, planning a vacation might seem overwhelming. Don't worry—we've got you covered. Here are five budget-friendly destinations you can explore in March and April without breaking the bank.



**1. Ikogosi Warm Spring:** Located in Ekiti State, Ikogosi Warm Spring is a unique natural attraction where warm and cold springs meet without mixing. This destination is perfect for relaxation, sightseeing, and enjoying nature. Visitors can take a dip in the spring, explore the lush greenery, and even visit the nearby Arinta Waterfalls for an extra adventure.

**Budget Tip:** Entry fees are around ₦500, and accommodations start from ₦ 97,750 per night at the Ikogosi Warm Springs Resort. Travel costs from Lagos or other major cities are relatively affordable.



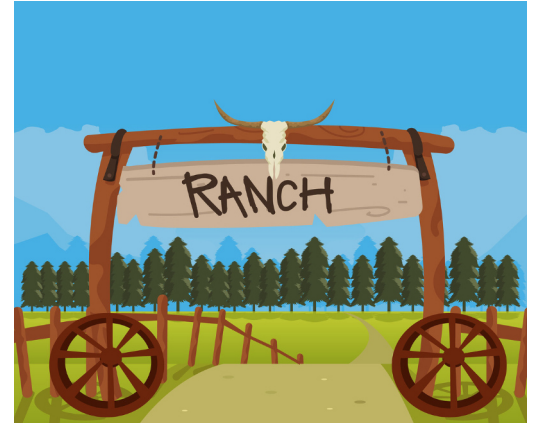
**2. La Campagne Tropicana Beach Resort:** If you love the beach but want something unique, La Campagne Tropicana in Lagos is a perfect escape. This resort blends African-themed luxury with nature, offering pristine beaches, a lagoon, and lush coconut trees. You can enjoy activities like kayaking, horseback riding, and cultural performances without needing an international passport!

**Budget Tip:** Day passes cost ₦7,000, and if you book accommodations early, you can find rooms starting from ₦ 150,000 per night. Consider going in a group to split costs on transportation and lodging.



**3. Obudu Cattle Ranch:** Obudu Cattle Ranch, located in Cross River State, is one of Nigeria’s most famous tourist destinations. Known for its breathtaking landscapes, rolling green hills, and cool climate, it’s a great place to unwind. Activities include cable car rides, hiking, and exploring the famous canopy walkway.

**Budget Tip:** Lodging options range from ₦50,000 to ₦90,000 per night, depending on your choice.



**4. IITA Forest:** *The International Institute of Tropical Agriculture (IITA) in Ibadan is not just a research center; it also features a serene forest reserve, a lake, and excellent eco-tourism opportunities. Perfect for those who love nature and tranquility, IITA offers guided tours, birdwatching, and outdoor relaxation.*

**Budget Tip:** *Entry is usually free or at a minimal cost, and accommodations within IITA start at ₦90,000 per night, making it an affordable getaway.*



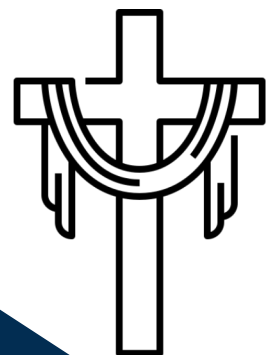
**5. Cotonou:** *If you’re looking for an affordable trip outside Nigeria, Cotonou in Benin Republic is a fantastic choice. Just a few hours’ drive from Lagos, it offers beautiful beaches, cultural sites, and a vibrant nightlife. You can explore Fidjrosse Beach, shop at Dantokpa Market, or visit the historical town of Ouidah.*

**Budget Tip:** *Transportation via road costs between ₦20,000 – ₦30,000. Also, it is a visa free country for Nigerians*

# Creative (and Unexpected) Things to Give Up for Lent

Lent is often associated with giving up indulgences like sweets, social media, or fast food, but you can take a more creative and meaningful approach by sacrificing things that truly impact your personal growth and spiritual life. Here are some unexpected and creative things you can give up for Lent:

1. **Complaining** – Replace negativity with gratitude.
2. **Snoozing your alarm** – Start your mornings with discipline.
3. **Negative self-talk** – Speak kindly to yourself.
4. **Mindless social media scrolling** – Use that time for prayer or reflection.
5. **Gossiping** – Commit to uplifting conversations.
6. **Overcommitting** – Say "no" when needed and prioritize peace.
7. **Worrying about things you can't control** – Trust in God's plan.
8. **Eating in a hurry** – Slow down and appreciate your meals.
9. **Background Noise** – Embrace silence for deeper reflection.
10. **Holding grudges** – Use Lent as a time to forgive and let go.



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# Post-Ramadan Blues: How to Get Back Your Sleep Schedule

Ramadan significantly alters sleep patterns due to late-night prayers, early morning meals, and shorter sleep windows. After the month ends, many struggle with post-Ramadan blues, including fatigue, difficulty sleeping, and an irregular routine. Restoring a healthy sleep schedule requires gradual adjustments and consistency.

The first step is to gradually shift bedtime earlier by 15–30 minutes each night while ensuring a fixed wake-up time. Exposure to morning sunlight helps regulate the body's internal clock. Avoiding long daytime naps, especially in the late afternoon, prevents further disruption to nighttime sleep.

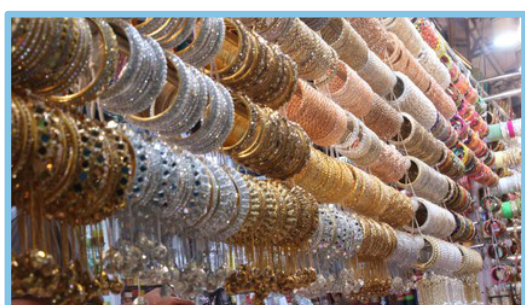
Since Ramadan involves late-night eating, it's essential to adjust meal times post-Ramadan. Eating dinner earlier and avoiding heavy meals before bed can improve sleep quality. Caffeine intake should be reduced, especially in the evening, as it interferes with melatonin production.

Limiting screen time at least an hour before bed and engaging in relaxing activities like reading or light stretching can signal the body that it's time to rest. A cool, dark, and quiet bedroom environment further aids restful sleep.

Maintaining a balance between spiritual habits and a healthy routine is key. Continuing prayers but at a manageable time can help sustain the discipline developed during Ramadan while allowing the body to reset. With consistency, the sleep cycle will naturally stabilize, restoring energy and focus.



# Fashion



# Eid Shopping on a Budget: Looking Fresh Without Breaking the Bank

The streets are alive with the magic of Eid. Golden lanterns sway in the evening breeze, their soft glow reflecting off bustling shop windows. The aroma of freshly baked baklava mingles with the rich scent of oud, and laughter ripples through the air as families prepare for the joyous celebration. But amidst the festivity, one question lingers in many minds: how do you look your best without spending a fortune?

Amina has always believed that style isn't about how much you spend, but how well you spend. She embarks on her Eid shopping adventure with a limited budget but an abundance of creativity. Instead of heading to high-end boutiques, she finds herself in a vibrant open market, where the finest fabrics are stacked like treasures waiting to be discovered. She runs her fingers over soft chiffon and intricately woven ankara, her mind already envisioning the elegant abaya her tailor will craft for half the price of a readymade one.

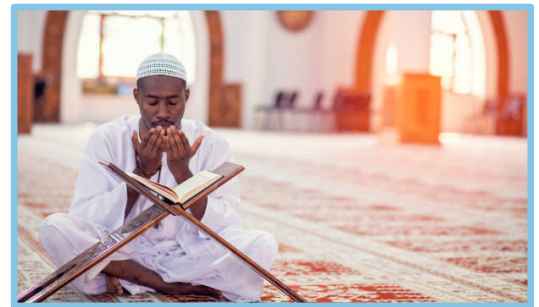
Next, she explores the thrift markets—bustling hubs of hidden gems. She sifts through racks of gently worn kaftans, spotting one with exquisite embroidery that just needs a few careful stitches. A pair of embellished sandals, a statement clutch, and delicate gold-plated bangles complete her look, all at a fraction of retail prices. She even finds a stunning hijab that matches her outfit perfectly, proving that elegance can be curated, not just bought.





As Amina steps out in her beautifully assembled ensemble on Eid morning, she radiates confidence and joy. Her look is not just a reflection of careful spending, but a testament to resourcefulness, creativity, and the true spirit of Eid—one of gratitude, generosity, and celebrating with heart, not just wealth.

Eid is not about extravagance but thoughtfulness and appreciation for life's blessings. Amina's journey proves that elegance doesn't require a hefty budget, only smart choices, ingenuity, and self-assurance. True style is not defined by price tags, but by the careful curation of details, and the joy of Eid shines brightest when shared with loved ones, not through lavish spending, but through meaningful moments.



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# Rainy Day Fashion: Stylish & Practical Ways to Stay Dry Without Looking Drenched

## Keep it classic

Jeans make a stylish and casual choice for a rainy day. Pair them with your favorite ankle boots for a chic look. For a bold twist, swap out a T-shirt for a denim shirt.

## Try colour blocking

A gloomy day is the perfect excuse for bright and effortless outfits. Reach for the most vibrant pieces in your closet and have fun colour combo. Pairing them with neutral shoes will add a touch of balance.

## Give your outfit a casual twist

Instead of boots, swap out for a pair of sneakers, without worrying about them getting messed up. They will add a relaxed, laid-back touch to your outfit.



## Put on a blazer

A blazer is an easy way to elevate any outfit, providing both warmth and a polished touch. If your look needs a little extra flair, try cinching your waist with a belt for added definition.

## Be transparent

The best rainy day outfit will come down to your personal style and preferences. A transparent raincoat offers both a lightweight extra layer and protection against strong winds and harsh weather.

## Reach for loose pants

Wearing anything tight or restrictive might not be the best choice, especially if you're planning a relaxed day. A loose pair of cargo pants will keep you stylish while offering comfort. Pair them with a simple lightweight top and a cardigan for an effortless look. Plus, if you get wet, they'll dry much faster than jeans.



April Fools' Day is a time for fun, but pranks should be lighthearted, inclusive, and free from harm or embarrassment. The key is to ensure everyone laughs, without causing distress or ruining friendships. Here are some harmless yet hilarious pranks to try:

**Screen Flip** – On a friend's computer, press Ctrl + Alt + Down Arrow (Windows) or go to System Preferences > Displays > Rotation (Mac) to flip the screen. Watch their confusion as they try to fix it!

**Autocorrect Prank** – Change a common word in their phone's autocorrect settings. Replace "yes" with "nope" or "okay" with "pineapple" for some amusing text exchanges.

**The Salty Coffee Prank** – Switch sugar with salt in someone's coffee for a surprising taste

**Mouse Sensor Block** – Tape a small piece of paper under a coworker's mouse sensor so it stops working. Bonus points if you write "April Fools!" on it.

**Soap Without Suds** – Apply clear nail polish to a soap bar to prevent it from lathering.

A good prank brings joy, not frustration. Avoid anything mean-spirited, and remember to laugh with people, not **at them!**

April Fools' Day Done  
Right: Harmless Pranks That  
Won't Get You Unfriended

# Must-Know Holidays & Events You Don't Want to Miss



March and April are filled with significant global holidays, festivals, and observances highlighting cultural traditions, religious practices, and social awareness. Here are some key events to mark on your calendar:

## March Highlights

**International Women's Day (March 8):** A global celebration of women's achievements and a call for gender equality.

**Holi (Varies in March):** The Hindu festival of colors, symbolizing love, forgiveness, and the arrival of spring.

**St. Patrick's Day (March 17):** An Irish holiday celebrated with parades, green-

themed festivities, and cultural events worldwide.

**World Poetry Day (March 21):** Established by UNESCO to promote poetry as a tool for cultural expression.

**Earth Hour (Last Saturday of March):** A global initiative where people turn off lights for an hour to raise environmental awareness.

## April Highlights

**April Fools' Day (April 1):** A day of playful and harmless pranks.

**Easter (Varies in March/April):** A Christian holiday commemorating the resurrection of

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Jesus Christ, celebrated with church services and family traditions.

**Ramadan (Varies in March/April):** The Islamic month of fasting, prayer, and reflection.

**World Health Day (April 7):** A WHO initiative highlighting global health challenges.

**ANZAC Day (April 25):** A remembrance day honoring Australian and New Zealand soldiers.

These celebrations reflect the diversity of global traditions, offering opportunities for cultural appreciation and participation.



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