

## Attivitajiet ghax-xahar t' Ottubru 2018

**Il-Gimgha 5 ta' Ottubru: Tas-Samra: 8.00pm** Illum se niltaqghu ghall-ewwel darba gewwa, wara x-xhur tas-Sajf, ghalhekk xieraq li naghmlu quddiesa ta' ringrazzjament flimkien. Se jqaddes id-direttur spiritwali taghna Fr.Saviour Chircop.

**Il-Gimgha 12 ta' Ottubru: Tas-Samra: 8.00pm** Illum ghandna okkazjoni mhux ta' min jitlifha! Se jkollna tahdita minn Mr.Dorian Xuereb, Orthopaedic Surgeon. Mr.Xuereb huwa iben wiehed mill-membri taghna li gentilment accetta li jaghmlilna tahdita interessanti li tolqot lil hafna minnha fuq:L-ARTRITE. Titilfuhix!!

**Il-Gimgha 19 ta' Ottubru: Tas-Samra: 8.00pm** Illum se naghmlu diskussjoni bejnietna biex insiru nafu aktar lil xulxin. Xi membri godda se jintroducu lilhom infushom u dawk li ilhom maghna jikkellmu dwar l-esperjenzi taghhom fil-grupp. Niddiskutu wkoll l-attivitajiet tas-Sajf li ghadna u xi attivitajiet li tixtiequ li jsiru.

**Il-Gimgha 26 ta' Ottubru: Kazin tal-Banda Sant' Antnin, Triq l- Imsida, Birkirkara. Fit-8.00pm** Illum se niccelebraw il-Birthday celebrations u nippruvaw post differenti fejn qatt ma morna.

### **Menu:**

Appetizers.

**Starter:** Three types of Pasta: white sauce, Bolognese, u rabbit sauce.

**Main Course:** Chicken Breast, jew cube roll, jew Rabbit.

**Dessert:** Imqaret u Birthday cake.

**Drinks:** Soft drink jew tazza nbid jew birra jew ilma.

**Prezz: €20.**

Booking ma Maria Caruana. Mobile: 9989 0727

**Jekk joghgobkom ibbukjaw sa nofsinhar ta' l-Erbgha 24 ta' Ottubru.**

**Chairperson: Maria Borg 9927 1981      Secretary: Louise Suda 9949 8784**

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Gheziez Hbieb,

Ghadna sajjaf iehor minn fuqna bis-shana u genn kollu tieghu. Fis-sajf ikollna hafna distrazzjonijiet: Festi, bahar, safar, hrug , parties etc u ghalhekk nitgerfxu xi daqsxejn. Barra minn hekk ma niltaqghu regolarment bhax-xitwa gewwa. Ghalhekk fis-sajf xi ftit minnkomm tlfnihom. Hemm min ma rajniex aktar wiccu fis-sajf. Nispera li lil dawn il-membri nergghu insibuhom! Ghalhekk fil-bidu ta' sena gdida niltaqghu g Louewwa se naghmlu quddiesa ghax dik dejjem tghaqqadna. Nispera li nattendu bi hgarna ha jkollna cans nirriflettu u ningabru.

Dan ix-xahar ukoll ghandna tahdita minn spezialista li mhux ta' min jitlifha! Minn hawn nixtieq nirringrazzja minn qalbi lil Mr.Xuereb li accetta li jaghti mill-hin prezzjuz tieghu lill- grupp. Il-birthday celebrations se jkun f'post naqra differenti mis-soltu imma certa li jkun tajjed. Maria Caruana bhas-soltu ghamlet il-homework taghha u certa li ghamlitu tajjed. Nixtieq nirringrazzja lil Maria tal-interess li tiehu u x-xoghol siewi li taghmel. Dejjem on the lookout biex issibilna postijiet fejn immorru nieklu godda u b'differenza...u dejjem tajbin...ghax tkun ippruvathom hi qabel. Prosit Maria!

Kif tistghu taraw ghalissa se niltaqghu Tas-Samra sakemm naraw kif se jkun l-Education ghax ghadu mhux lest. Jekk il-quddiem insibu li ahjar niltaqghu l-Education ninfurmawkom. Dejjem segwu l-emails u l-facebook ghal xi avvizi li tibghat Louise. Nixtieq niehu din l-opportunita' biex nirringrazzja wkoll minn qalbi lil Louise li, minkejja li kienet sajjaf shih indisposta, xorta baqghet taghmel xogholha u pronta biex tibaghtikom l-emails! Grazzi Louise. U nirringrazzja wkoll lil Mark li jibghat fuq facebook. L-ahhar haga li xtaqt nghidilkom hija haga li xbajt nghidilkom fuqha! Jekk joghgobkom dejjem aghtu kas x'niktbilkom fin-newsletter u l-booking ghal xi attivita` aghmluh ma min niktibilkom jien, mhux iccemplu bl-addocc imbaghad noqoghdu ntemplu ahna lil xulxin. Dan kollu hela ta' zmien u telefonati ghat-traskuragni ta' xi whud li ma jaqrawx l-avvizi sew. Issa nibdew nghidulkom cemplu lil persuna koncernata mhux incemplu ahna lil xulxin u flok telefonata jew sms wiehed tehlu tnejn! Mela jekk joghgobkom oqoghdu attenti! Min ikun jaf b'xi nies kapaci jaghtu tahdita fil-grupp jew jaghmel xi attivita' interessanti, anke fost il-membri stess, ikellem lil kumitat u jaghtina contact details. Grazzi.

Dejjem taghkom,  
Marija

## Multitasking and Stress

By Chris Woolston, M.S.

In this high-tech, high-pressure age, multitasking has become a national pastime. No matter where we are or what we're doing, we can always add one more ball to the juggling act. Many people regularly check emails on their Blackberry while talking on the cell phone, pausing only to yell at other drivers. "Because of all of the new electronic gadgets like cell phones, Palm Pilots, and other personal digital assistants, multitasking has exploded, says David Meyer, PhD, a professor of psychology at the University of Michigan.

Doing several tasks simultaneously may seem like the height of efficiency -- and it would be, if a person had more than one brain. In the real world, multitasking actually wastes time and reduces work quality, Meyer says. Missed deadlines and shoddy work may get a person fired, but they're not the most worrisome consequence of multitasking. According to Meyer, juggling tasks can be very stressful. In the short term, stress makes you feel lousy. In the long term, it can become a serious threat to health -- and that's not even counting the dangers of sending a fax while changing lanes.

### One brain, one task

Meyer sees three major types of multitaskers. Some people do it out of desperation. In their minds, talking to a client while doing research on the Internet is the only way to keep up. Other people multitask impulsively. They'll abandon a report in mid-sentence to check email without thinking about the consequences. The third group multitasks with pride. "Many people delusionally believe that they're good at this," he says.

Some people's jobs, like air traffic controllers and emergency room doctors and nurses, virtually demand multitasking under pressure. But in reality, nobody can effectively do more than one remotely complicated thing at a time. "The brain is not equipped to do heavy-duty multitasking," Meyer says. "People are being asked to do multiple things, but they would need superhuman abilities."

Multitasking is especially futile if the different activities use the same part of the brain, Meyer says. For example, the brain only has one language channel. If a person tries to read while talking, one or both tasks will get short shrift.

### Multiplying stress

Whenever demands exceed abilities, stress is bound to follow. Multitasking is especially stressful when the tasks are important, as they often are on the job, Meyer says. The brain responds to impossible demands by pumping out adrenaline and other stress hormones that put a person "on edge." These hormones provide a quick burst of energy, but energy won't make multitasking easier, he says. An old pickup can't go 150 miles per hour no matter how much fuel you put in the tank or how hard you step on the gas.

Over time, the stress of multitasking may even become dangerous, Meyer says. A steady flow of stress hormones can strain the body and threaten health. As recently reported by the National Institute for Occupational Safety and Health, numerous studies have found that on-the-job stress can cause headaches, stomach trouble, and sleep problems. Chronic work-related stress can lead to chronic problems, including back pain, heart disease, and depression.

