



# THE TIMES OF INDIA

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**STUDENT EDITION**  
SATURDAY, JULY 24, 2021



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#GOALS

## Self-care advice FROM THE STARS

**"SLEEP"**  
**ARIANNA HUFFINGTON**, media mogul  
Huffington is a firm believer in sleep. In fact, she is a sleep evangelist. After passing out from exhaustion in her office and breaking her jaw, Huffington began to adopt better sleep habits and took to sharing them with the world. She believes we're in a sleep deprivation crisis and espouses a series of strict rules for better self-care through better sleep.

**"GET TOGETHER"**  
**AVA DUVERNAY**, director  
DuVernay looks outward to other women to boost her mental health, hope and enthusiasm. During the 22nd Women in Hollywood Awards, she reminded the female attendees that, "We also blossom because we nourish one another. We focus on her—the woman sitting right next to you. We focus on us. It's equally as important."

**"TAKE CARE OF YOURSELF"**  
**SERENA WILLIAMS**, tennis legend  
The greatest athlete of all time, Williams, applies discipline and care to her self-maintenance routine too. "I think self-care is very important to prioritise in life. When you make time for yourself,

you feel like the best version of you and that extends into other facets of life. My self-care routine varies— whether I'm trying a new product or staying loyal to my feel-good classics like coconut oil, I always carve out moments to tend to myself and nurture my body."

**"LOVE YOURSELF"**  
**TRACEE ELLIS ROSS**, actor  
"I've always worked out and been active and it's one of the ways I care for myself: along with meditation, baths, eating beautiful things that make me happy, being silent and being with friends and family. Self-care is one of the active ways that I love myself. When you can and as you can, in ways that feel loving, make time and space for yourself," Ellis Ross wrote on Instagram.

**"PRIORITISE YOU"**  
**BEYONCÉ**, singer  
The singer said in an interview to "Parade": "We have to care about our bodies and what we put in them. Women have to take the time to focus on our mental health — take time for self, for the spiritual, without feeling guilty or selfish. The world will see you the way you see you, and treat you the way you treat yourself."



Pics: Istock

## SELF CARE IS A LIFE SAVING SKILL

July 24th marks International Self-Care Day, and puts a spotlight on the need to care for oneself. Let's find out how important it is for children to do self 'check-ins'...

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First things first. Self-care is not synonymous with self-indulgence or being selfish. Self-care means taking care of yourself so that you can be healthy, you can do well, you can do your job, you can help and care for others, and you can do all the things you need to and want to

accomplish in a day. The need and buzz around self-care is obvious, says Paula Gill Lopez, PhD, an associate professor and chair of the dept. of psychological and educational consultation at Fairfield University in Connecticut. "We have an epidemic of anxiety and depression," she says. "Everybody feels it." Yet, is self-care something only adults feel and need? Not at all. Self-care starts at kindergarten when you

**WHO defines self-care as: "the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider"**

learn to brush your teeth and use the washroom and continues throughout your growing up years in the form of various daily tasks you learn to do independently. Apparently these small accomplishments decide the kind of person you become later in life.

Self-care is just as important as academics for growing, developing kids. Even small acts of self-care and self-help can decrease stress, improve relationships, and promote wellness of the body and mind. It's up to parents or guardians to teach their children how to

### 5 WAYS YOU CAN PRACTICE SELF CARE

**1 Slow down time:** It is important for families to carve out space for quiet time. A few minutes of singing or reading a book together, or listening to a kid-friendly meditation can strengthen connections. Doreen Arcus, an associate professor of psychology at UMass Lowell who specialises in child development, says young children can benefit from downtime. Engage the senses without a screen (phone or computer) and do things like lighting a candle, listening to music, playing with sand/play dough, baking something, meditating or eating something healthy.

**2 Take care of your body:** One of the most important aspects of self-care is taking care of your physical health. Exercise together in a lot of different, fun ways, like cycling together or playing badminton. You can also practice physical activities that help to de-stress, like deep breathing, meditation, going for a long walk, or doing stretches or yoga together.

### KINDS OF SELF-CARE

- Emotional self-care, such as self-talk, weekly bubble baths, saying "no" to things that cause unnecessary stress, giving yourself permission to take a pause, or setting up a weekly coffee date with a friend.
- Physical self-care, such as prioritising sleep, adopting an exercise routine you can stick with, choosing healthy and nourishing foods over highly processed ones.
- Spiritual self-care, such as attending a service, spending time in nature, meditating, incorporating acts of kindness into your day, or keeping a gratitude journal.

prioritise their mental and physical health, especially during uncertain times like these. Help children schedule self-care breaks/check-ins regularly.

**3 Enjoy the great outdoors:** Getting outside not only provides sunlight and fresh air, but it also teaches you how, when you might be stressed and in need of some self-care, a change of environment can be calming and help you find a sense of balance. Go to the park, take a day hike, or complete homework in the backyard.

**4 Have a sleep routine:** Sleep is one of the most crucial ingredients for learning, performance and mental health and good sleep starts with a consistent and early bedtime. The hours of sleep before midnight lend themselves to more deep non-REM sleep, making them much more beneficial for young children, so sticking with an early bedtime of 7-8pm provides children with more deep sleep and higher levels of concentration the next day.

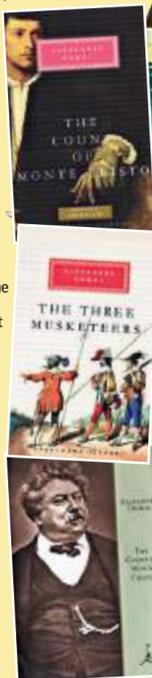
**5 When in doubt, write it out:** Journaling is an excellent practice for kids around the age of 6-9, as it provides a private space in which they can write out their thoughts and work through them. Expressive writing like journaling helps to manage and reduce stress by allowing children to map out their emotions and make sense of what they are experiencing.

TRIVIA TIME

## Happy birthday, Alexandre Dumas!

One of the most widely read French authors, Dumas is the man behind two of the all-time greatest classics: "The Count of Monte Cristo" and "The Three Musketeers". On his birthday, we learn more about him

- Dumas' father was a Haitian-born French general who was the son of a French nobleman and a slave from Haiti which was then a French colony. Many of his characters are based on his father – the first Black man to ever be promoted to general in a European army at the time.
- Dumas was born in 1802 in northern France. His full name is Alexandre Davy de la Pailleterie, but he changed it to simply Alexandre Dumas when he was older. Dumas is an homage to his grandmother's last name.
- Dumas began working as a scribe for the future King Louis Philippe, the duc d'Orléans, when he moved to Paris in 1822, and he soon moved on to writing books and plays. He wrote and put on his first play when he was 27 years old. He penned 100,000 pages over his lifetime! This included plays, novels, articles and a few travel books.
- He worked with ghostwriters – someone who writes material for someone else, and is usually not credited. He even got into conflict with one of his ghostwriters, Auguste Maquet who wanted co-author credits. Maquet went so far as to sue Dumas and take him to court. However, Dumas still refused to put Maquet's name on his novels, choosing instead to pay him a large settlement.
- Alexandre Dumas' son is also a celebrated writer. Sometimes, the word père is added to Alexandre Dumas' name. This is because his son, Alexandre Dumas, fils (fils means son in English), was also a celebrated writer. Dumas, fils was born in 1824, and in 1831 Dumas, père legally recognised him as his son. He is most well known for the novel, La Dame aux Camélias (The Lady of the Camellias in English).
- Like many great French authors, Alexandre Dumas is buried in the Panthéon in Paris. The Panthéon is a massive mausoleum located in the Latin Quarter in Paris. Dumas wasn't originally buried in the Panthéon. This changed in 2002 when French president Jacques Chirac had a ceremony to celebrating the fact that he would finally be laid to rest where he belonged, next to other authors like Victor Hugo and Émile Zola.
- "The Count of Monte Cristo" was published with its title misspelled. When it was originally published, and through to the 1850s the title spelt Cristos as Christo. In 1846, a correction was made but the corrected copies overtook the erroneous ones only by 1860.



## INTUITIVE EXERCISE IS MORE FUN

If you find yourself dreading your workout, it's a sign that you're probably not engaging in forms of movement that makes you or your body happy. Intuitive training – also known as auto regulatory training – is fairly simple: You look to your body for signs on what you should be doing, and how hard you should be working, and when. Research says people are more likely to stick to intuitive fitness programmes since it gives them authority, less guilt and scope to indulge.

**WHAT IS IT?**  
Intuitive movement (IM) is an extension of the intuitive eating

framework originally created by Evelyn Tribole and Elyse Resch. Much like intuitive eating, IM is a radically different approach to moving our bodies compared to what diet culture may have taught us. The philosophy behind intuitive eating is applied to intuitive movement: listen to your body's cues to figure out what kind of movement or exercise would make you and your body feel good in that moment. To get started with IM, ask yourself: "What does my body need today?", "What type of movement do I feel like doing?", or "What type of exercise would be most beneficial?".

### HOW TO TRAIN?

Learning to pick up on your body's cues takes practice and a willingness

to notice subtle changes in mood, coordination, balance and heart rate variability. Pain, fatigue, lack of focus and low biofeedback scores, indicate you should proceed with caution and stick closer to your known limits. As your intuition and body awareness improve, so will your workouts.

Have a variety of workouts at your disposal and pick and choose based on how your body's feeling. When choosing workouts or physical activities, find something consistently. The best exercise programme should be centered around the areas of your life that you want to improve and enjoy. Using three basic principles of strength & conditioning (S&C):

**Specific:** The exercises, workouts you do should reinforce your paths to completing the goal.  
**Progressive overload:** Consistently pushing your body a little bit past its physical state, just enough to help it adapt.  
**Progression:** Taking exercise to a new challenging level.

**IM is flexible, not rigid, and gives you the space to explore what feels good to your body**

SKIN SENSE

## BUSTING SKINCARE MYTHS

CELEBRITY DERMATOLOGIST DR JAMUNA PAI SETS THE RECORD STRAIGHT ON SKINCARE

**PINCHING ACNE FOR IMMEDIATE RELIEF**  
It may seem tempting and also give a temporary relief from the bumps. But it tends to leave permanent scars behind.

**USING TOOTH PASTE ON ACNE TO DRY IT OUT**  
Toothpaste has a different pH than the pH of our skin. It can change the pH of the skin, making it sensitive. It may also cause irritation and rashes.

**ONE SIZE FITS ALL SKINCARE**  
Skin care ingredients have to be customised as per each one's skin type. It is not advised to adapt to a skin care product simply because it was effective for your skin.

**USING SUNSCREEN WILL PREVENT MY SKIN FROM GETTING A TAN**  
Tanning is a self-protective mechanism of our body where it pushes our melanin (pigment giving cells) to the surface of the skin, in order to absorb the harmful UV rays of the sun.

Sunscreen does not prevent tanning, but in fact helps to protect the skin from the UV rays.

**COPY PASTING DIY SKINCARE**  
As a country, we Indians have always had faith in "Grandma's kitchen formulas" for skincare. Now with the pandemic,

the DIY skincare has seen an increased demand. People have been trying out these DIY skincare masks. These ingredients and masks, however good, are repeated and copied from one skin type to another without knowing if it is good for their skin type. Skin care ingredients do not remain the same for all skin types. One may be allergic to one of the ingredients from the mask, best to check with an expert and always do a patch test.

**MEN DON'T NEED CARE**  
For plenty of men, the concept of skincare has merely been vocabulary. However, skincare is equally important for men as it is for women.



LATEST BUZZWORDS EXPLAINED

## MAIN CHARACTER SYNDROME

It's described as a situation wherein people think of themselves as being the top-billed star of the feature film that is their regular lives. "Main Character Syndrome" or MCS exists only in the overactive minds of the Internet's many self-identified protagonists. If you have ever acted out to a song thinking you are in a film or felt like you are the main character of a movie while being in a similar situation, what you had at that moment is known as main character energy. It's a TikTok trend that got popularised during the pandemic. Many call it a coping mechanism. Bored teenagers took to the app to escape the monotony of quarantine with ironic parodies of themselves as the stars of the show, or "main characters," in mundane scenarios set to indie guitar music.

MCS is not to be confused with impostor syndrome, which causes you to persistently doubt yourself and feel like a fraud. People who have MCS think life is a movie and embrace the memes that encourage this outlook, saying things like: "you have to start romanticising your life." But MCS is not recent. Yes, social media has fuelled it and has helped us build a character that resonates with followers – and many of the videos, posts make us the hero of our own stories, but the thought is as old as the time when the first people gathered around campfires. We are all performing. We all crave some confirmation that, yes, our lives are a little less ordinary. It's about unashamedly yearning to be noticed.

An article in "Evening Standard" says that while narcissism exists on a spectrum, MCS is not harmful as: "a degree of self-love is healthy, natural and necessary for establishing self-esteem and self-worth. Manipulating your image and



creating a fake story online can be creative and fun escapism." Got main character energy? Cool, but don't go overboard.



## Reconnect with friends MANNERFULLY!

Meeting up with your friends after a long gap must be exciting, right. As you say, 'finally, let's meet', brush up on your etiquette because it's more relevant than ever in a world that has become vulnerable and sensitive after the pandemic took over our lives

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As you get back to the world of real life socialising — slowly — there may be hiccups you wouldn't ever have thought were possible. Life in isolation has changed people in many ways — for

some the changes may be physical — for others psychological. After all, how can we remain completely unchanged after witnessing a life and routine changing pandemic. So, while you embrace a semblance of normalcy by meeting people in person, be mindful about your manners. Check these suggestions by experts.

### NO NEGATIVE COMMENTS ON PHYSICAL APPEARANCE

Your friends after months of less activity (in the absence of the busy physical routine of school) may have gained some

weight. Or someone who recovered from Covid-19 may have lost a lot of weight. It's normal to notice each other's appearance after reconnecting in person after a long enough time. However, when you see your pals, try your best not to make 'casually careless' remarks such as, "Oh, you look so skinny, I couldn't recognise for a minute!" or "You badly need a haircut. You used to look so well groomed earlier." These seemingly harmless comments can hurt your friend fighting the pandemic weight gain or another one who hasn't been able to groom himself/herself with as much enthusiasm as in pre-corona times. "Complement each other about simple things that can make you both smile, or a group laugh together. For example, teens grow tall fast and would have in the last 1.5 years. Saying something like, 'Wow, you are so tall now' can be very encouraging, even if it's an obvious occurrence in the life of growing up teens and teens," suggests etiquette expert and psychologist Priya Warrick.

### BE READY TO ACCEPT CHANGES IN PERSONALITY

Your best friend after months of quarantine life may have lost her chirpiness and is perhaps more serious now. So, you may feel different to meet a slightly different her when you were looking forward to seeing her usual happy-go-lucky self. It would be understandably disappointing. But do conceal your dismay and just try to have fun in these changed circumstances by exchanging notes on things you used to talk about earlier or even new things. Psychiatrist Dr Sanjay Chugh opines: "In the current tech savvy world, people could, thankfully, connect over video calls and a plethora of chatting options that social media provides, so it wouldn't be tough to pick from where you last left on your Zoom

Accept over talkativeness (the person may have been wanting to talk in person for a long time) or silence (maybe he/she went through a loss of career plan or a family member due to coronavirus and has become less talkative)



call and converse with ease." Of course, being more mindful is the need of the hour, because after what people have gone through in the second wave of Covid-19, to expect the exact pre-2020 attitude from your close ones, may lead to sadness. It's also not wise to keep saying things like, "How little you talk now." Smile at each other, enjoy a nice meal and whether you talk less or more, be happy that finally you are able to meet friends.

### INTROVERTS WHO ARE STRUGGLING TO COMMUNICATE...

"Many children who are introverts were happy enough in isolated life as they are not typically comfortable socialising. If you are one of them, prepare yourself a bit before meeting friends. Some conversation starters are: 'What were your best moments in the last 3-4 months?', 'What did you cook last weekend (many people took a lot of

interest in cooking and learnt new recipes)?" and so on," advises Warrick. Make sure your conversation starters are non-controversial topics like movies, favourite foods, music, and even old days in school. It's best to avoid controversial topics like religion and politics in a deeply polarised world, especially when you are reconnecting with friends after months.

### EXTROVERTS CAN TRY TO 'LISTEN' MORE!

This category is always the life of a get together and they felt clamped and claustrophobic in the stuck-at-home life of the ongoing pandemic. "You may want to talk non-stop after meeting your friends and classmates and being expressive comes naturally to extroverts. However, make sure you listen as well when conversing with your friends as everyone should get a chance to talk/express their feelings. Besides, listening is as big a part of communication as talking," says Warrick. Listen to each other and let the conversation flow naturally. Isn't it amazing to just sit down and chat — without pressing any keys!

Maintain social distancing when you meet friends — choose each other's homes over crowded eateries and follow safety norms. Do not also make fun of people who are hyper-conscious about cleanliness after the pandemic — but, wearing a face mask and hand cleanliness is non-negotiable!



## CHECK YOUR GLOBAL ETIQUETTE IQ?

BEHAVIOUR AND CUSTOMS VARY GREATLY FROM COUNTRY TO COUNTRY. TAKE OUR TRAVEL ETIQUETTE QUIZ TO FIND OUT

Q1. In which country is the 'thumbs-up' gesture deemed an insult?

a. Australia, b. Mexico, c. Iran  
Answer: C. In Iran, this gesture is known as 'bilakh', which means 'sit on this'.

Q2. Which flower should you never give to anyone in Germany, unless at a funeral?

a. Carnation, b. Orchids, c. Rose  
Answer: A. Carnation. Interestingly these flowers are the official flowers of Mother's Day in US.

Q3. What should you do when handed a business card in Japan?

a. Take the card with both hands and read it carefully. b. Put it straight in your pocket. c. Take the card with one hand and immediately offer a handshake.  
Answer: A. In Japan, it's considered an insult if you don't take time to read the business card handed to you.

Q4. Where in the world is it unlucky to present a clock as a gift?

a. China, b. India, c. Ethiopia  
Answer: A. In China, giving a clock symbolises running out of time.

Q5. What country has a job nicknamed 'pushers', whose sole responsibility is to push more people onto train carriages during rush hour?

a. Russia, b. Japan, c. Venezuela  
Answer: B. In Japan, they are called Oshiyas and their job is to ensure every passenger has boarded and does not get caught in the doors.

Q6. Where in the world is pointing conducted with lips rather than index fingers during a conversation?

a. Germany, b. Nicaragua, c. Iceland  
Answer: B. Finger pointing is considered rude in Nicaragua. So during conversation, people pucker up their lips and direct it forward or to the side to whatever they want to point out, inconspicuously.

Q7. In what country is it considered offensive to ask for salt to add to your food?

a. Morocco, b. Egypt, c. Nigeria  
Answer: B. In Egypt, adding salt to your food is taken as an insult to the host, as Egyptians take it to mean that you are repulsed by the taste of the meal served to you.

Q8. In what European country is everything eaten with a knife and fork?

a. Greece, b. France, c. Norway  
Answer: C. In Norway, they eat everything, even open-faced sandwiches, with a fork and knife. The fork is held with the left hand, upside down, and the knife is held in the right hand used for cutting, aiding in balancing, and transferring the food onto the fork.

Q9. In which two countries is giving sharp objects to friends or colleagues a big no-no?

a. India & Pakistan, b. China & Netherlands, c. Belize & Belgium  
Answer: B. In China, it means you want to cut or break ties with them and in the Netherlands, it is considered unlucky.

Q10. In which country is it considered rude and greedy to arrive on time?

a. Switzerland, b. Venezuela, c. Australia  
Answer: B. In Venezuela, it is more polite to arrive 15 minutes late.

Q11. In what country is slurping your food considered a great compliment

a. China, b. Uzbekistan, c. Russia  
Answer: A. In China, making the slurping noises while eating food is encouraged.

Q12. In what African country is inviting someone out and expecting them to pay for themselves considered rude?

a. Ghana, b. Kenya, c. South Africa  
Answer: A. In Ghana, asking a person to a social event implies that the person offering the invite will be paying for everything.

Q13. In what country has the sale of chewing gum been made illegal?

a. Japan, b. Switzerland, c. Singapore  
Answer: C. Yes, you won't be able to find chewing gum in Singapore. One of the objectives of the ban was to prevent vandals from using spent chewing gums to disrupt Mass Rapid Transit (MRT) services.

Q14. In what European city can you get fined for feeding pigeons?

a. Krakow, Poland, b. Venice, Italy, c. Lisbon, Portugal  
Answer: B. Venice passed this law to control the burgeoning number of pigeons blamed for spreading filth and ruining the city's glorious facades and monuments.

Q15. In this country, flowers should only be given in odd numbers. Where is it?

a. Bolivia, b. Portugal, c. Ukraine  
Answer: C. Ukrainians also avoid giving flowers that are yellow. And when invited to dinner one should bring a gift.



## "My daughter loves being applauded. Is it a healthy habit?"

Q: My daughter loves being applauded, especially in her online classes. She likes telling her teachers that she is ready with answers or has done her classwork beforehand. Sometimes it appears boastful. Is this a healthy habit?

A: From what you have shared, I understand that you are coming from a place of concern and care for your child, and want her to be more humble.

We all like to get appreciated and there is nothing wrong with that. For children too, it is very natural to want that extra dose of appreciation. And to get that, children go to different extents, boasting being one of the most common.

Further, boasting is not only normal but also healthy. According to leading child psychologists, children in their formative years are developing a sense of self, and the kind of feedback they get during these years

plays a large role in shaping their identity. However, too much of anything is not good and thus, what needs to be understood is where this behaviour is coming from. There can be many reasons:

1. They have been brought up in a loving environment and therefore have a high need for the constant positive feedback.
2. They are not receiving enough/any appreciation from their parents.
3. They might be imitating someone.
4. They might be in an environment where winning is all that matters.

Another thing is that many times, kids are not aware that boasting can also hurt their friends' feelings. However, if your child is deriving pleasure from doing something better than other kids, then responses as a parent can also teach them a valuable lesson.

If you find yourself gloating on any occasion, or any other adult in her vicinity is doing so, try and cut down on the behaviour. Help them develop empathy by asking her how she would feel if others did the same. Lastly, encourage her to see that it

feels good to give compliments as well.

— Dr Rachna Khanna Singh, HOD, Holistic Medicine, Artemis Hospital, Gurgaon



## PANDEMIQUETTE

## HOW TO GRACEFULLY TURN DOWN IN-PERSON INVITATIONS

Do you know it's okay to say "No" to social gatherings during the ongoing pandemic. But even if you do, it's not that easy to refuse. There's an easy way to work around it.

### ARE YOU SAYING "YES" TO PLEASE THE OTHER PERSON?

Many people feel guilty for declining

### DO YOU KNOW THE RISKS?

Being indoors has been tough and adjusting to this life has been harrowing for everyone. During this pandemic, there are so many things that seem out of your control. But the one thing you can control is the number of risks you are taking on a day-to-day basis. While you want to meet people and socialise, the decision to attend a social gathering is a personalised one and depends on whether or not you:

- Are high risk for a more serious case of COVID-19
  - Live with someone who is high risk
  - Interact with people as part of your job, as you can be a carrier
  - Are generally a risk taker
  - Live with someone who is also comfortable with you taking the risk
- Considering and determining your comfort level ahead of time, as well as your household's comfort level helps you make the decision.



### HERE'S A SAMPLE TEXT

"It's great to hear from you! I miss seeing you, but I'm avoiding in-person gatherings due to COVID-19 right now. How about we plan a virtual hangout soon? I definitely miss hanging out with you!"

the invite. And frankly, during the pandemic everyone knows you can't have any other plan. So people feel conscious on what reason to give for declining. No matter how someone may — or may not — react to your response, what you shouldn't do is agree to something you're uncomfortable with just to make the other person happy. The right decision is the one that's best for both your physical and mental health.

### HOW TO SAY "NO"

1. **Be upbeat.** Declining an invite doesn't have to be negative. Start with: "It's great to hear from you!" And end with: "I definitely miss hanging out with you!" If it's a text, use emojis to brighten it up.
2. **Keep it short and sweet.** Craft a concise and polite response: "While I'd love to see you, I'm avoiding in-person gatherings due to COVID-19 right now."
3. **Keep it honest.** Don't make an excuse of a fake plan. As the person can try and offer to adjust the time/date for you and you might have to eventually say "yes" simply to cover your dishonesty.
4. **Suggest an alternative way to hang out.** How about suggesting catching up over a Zoom call or a chat over the phone.

— Source: houstonmethodist.org/blog

## Queries relating to Etiquette

Etiquette is the customary code of polite behaviour in society. Social situation and the way we live, even etiquette, is ever changing. For instance, who would have thought that one would need a whole new set of classroom rules in 2019? If you have a question on the new rules of engagement in a post-covid world, a relationship dilemma or just a query regarding writing a thank you note, write in to us [toinie75@gmail.com](mailto:toinie75@gmail.com) with the subject line ETIQUETTE.

