

# Featuring:

- ▶ Business Tips
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  - ▶ Real Life Experiences
  - ▶ Mental Health & Fitness
  - ▶ Q & A and Lots of Fun!!!

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# TC News

February 2023 Issue. 02

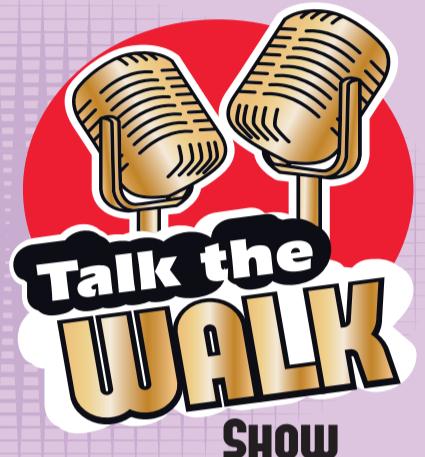
# Don't miss out!

Talk the Walk show is  
live-streamed every Friday  
at 6:00pm UK, 8:00pm UG  
and 10:00pm USA.

with your host Mr. Prosper

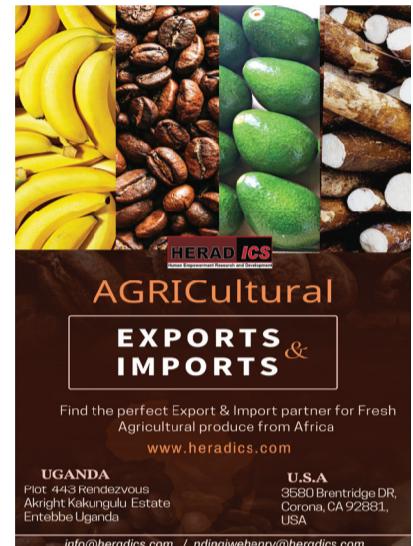
 [www.TalkTheWalk.Tv](http://www.TalkTheWalk.Tv)

 talkthewalktvshow2554



## **MENTAL HEALTH TIP:**

One of the things that affects our mental health and productivity is piling up tasks which eventually make one overwhelmed. Develop a habit of doing your assignments in time to avoid clashing time zones.



# ASK THE PSYCHOLOGIST

**QN:** How does one deal with grief, I lost my husband 6 months back but I have failed to get over all the pain this death caused. I try not to cry but it is just not possible in my world. I have not been able to talk about his death physically with anyone. I feel very lost and confused. Will anyone understand this? Please help me before I run mad.

**Ans:** I am very sorry about the death of your husband. It's never an easy journey to get back to who you were before the loss. I therefore request that you give yourself time. Be very patient with yourself.

Different people grieve differently, some heal through journaling down the thoughts and memories, others focus on hobbies that relate to art and expression like painting a picture or composing a song or a poem, others try to spend time around nature.

Some would love to talk to someone about the pain they are going through especially someone who was equally hurt as much for example your husband's parents or mature siblings and yet again some heal through crying often. Some through all the above and many other countless ways.

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We all need to exercise in order to stay healthy and fit. You may not be able to keep up with the gym but you can plan to take advantage of walking. Leave the car at home on some days in the week, take an evening stroll often, buy a rope and skip 20 times every morning. All these are simpler ways to exercise that will do wonders for your fitness if you adapt to them.



## ASK THE PSYCHOLOGIST

In every way you choose to grieve, just ensure that you give yourself freedom and time to express exactly how you feel. Do not judge yourself or blame anyone for the death that happened. Death is a course of nature and yes, we all gonna die someday. It was not your fault, do not blame yourself.

Do not be mad at God either, instead let this situation draw you closer to him. He may never give you any answers to the whys you have now but he can fill up that void of emptiness that you feel right now. God can't fail to understand you. Go to him anytime as you are and pour out your heart to him, may he comfort you.

Lastly, grieving takes the form of these various stages which include; Denial, Anger, Acceptance, Healing and Moving-on; which in this case only means learning to live with the reality of the loss. Healing is a process, you will rise again! Take heart!

Email [inboxtriplecareltd@gmail.com](mailto:inboxtriplecareltd@gmail.com) to share your questions with #AskThePsychologist, thanks!

**NOW AVAILABLE**

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## Ucan Mantra:

"I can do everything I set my mind on because as long as the mind can perceive it as possible, it can be done."

(Repeat this every morning when you wake up)



Relationship Advice

*There is no relationship that is swift, when yours gets a challenge, don't quickly drag in everyone else. Those people too have issues in their relationships but they solve them quietly. Instead, talk it through with your spouse and come up with ways to solve your challenges. You too can enjoy a fruitful relationship. #YouCan*

## R.I.P ASIYA

In all things, bad and good, we must pick lessons. Asiya was not the most educated or wealthy; many would have easily despised her. But billions of you are deeply hurt because in her own funny ways, she made you laugh. Her magic was mainly from her natural traits because of how uniquely God created her. No one could be like her by faking it, there will not be another like her. We grieve with her family and millions of friends all over the world. Find out your niche too and make the world happy with it. RIP Asiya.



## Real Life lessons:

Three days later, I had to bid farewell to mother, she was lowered into the ground, never to walk this earth again. I lost my senses! It was too painful to bear in my right mind.

People tried to comfort me, I did my best to remain strong although often I failed. How was I ever going to heal from this pain? I had clearly failed. A year passed by, then two, then three! I was still grieving deeply. How was I going to carry on?! And then one day, something happened and healed me from grief and despair once and for all.

I was crying and asking God, "Why? Why did you take my mother? Who did you leave for me then? You took my father first, then mother?" In that moment I felt the Lord assuring me, "I left ME for you. I am there when your mother is not! I am here even now as you cry in grief, I will always be there, all will be well."

I had never felt such a sweet firm assurance. In fact, I never felt sorry for myself again. From that day on, God has been caring, loving and comforting me more than I can ever pay back.

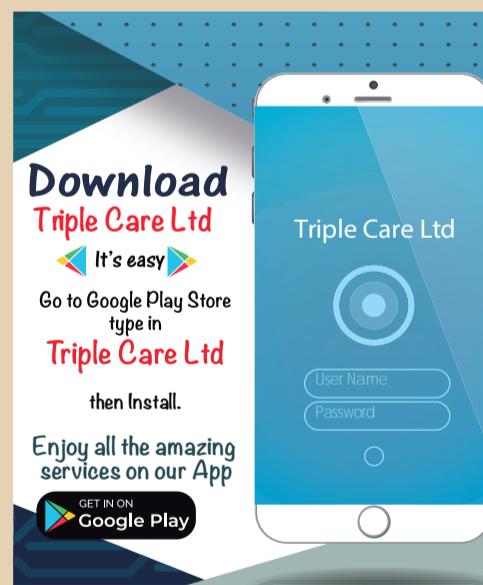
If you are out there feeling alone, please start appreciating the good things God has given you, remove your eyes from what has gone bad and remember HE is with you. He remains through it all. God is what is left for you!

Email [inboxtriplecareltd@gmail.com](mailto:inboxtriplecareltd@gmail.com) to share any of your real life stories and the lessons you have learned. We will be glad to publish your story!

*Continued from page 1*



You guys know scrabble? So my little dog Fluffy ate all my scrabble tiles the other day. For a week now, she has been pooing little words around the house.



We may not know much where this day originated from but what we know is that on this day lovers celebrate each other! We join in to celebrate you our dear readers. Write to us about how you met your loved one and we will surprise them with a Valentine's day treat! Email:inboxtriplecareltd@gmail.com

## FINANCIAL TIP:

Before you spend your money, first make a budget that is realistic and then make sure you stick to it. Don't first spend aimlessly and then recall to account for where every coin has gone because you realize the money is finished.

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