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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

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WIN WIN WIN!!!!

Look out for the Crested crane in one of the adverts and enter a raffle draw to win a special treat from us to you! Take a closer and you just might be our lucky winner!

ASK the PSYCHOLOGIST

QN: How do I know that I am experiencing recurring severe stress?

Ans: What is stress? Stress is how we react when we feel under pressure or threatened. It usually happens when we are in a situation whose feelings and outcomes we don't feel we can manage or control.

Lately, stress levels have increased greatly especially due to high costs of living and natural disasters like epidemics. We thus have to be intentional in examining our stress levels and devise effective coping mechanisms to avoid possible negative health consequences in the long run.

What to look out for?

1. Increased blood pressure and heart rate

If unchecked, high stress levels increase the risk of heart failure, stroke and heart attacks due to raised levels of stress hormones. Stress can also promote the build-up of plaque deposits in the arteries.

2. Digestive problems

When you're stressed, your liver pumps out glucose [to fuel the body as it responds to the stressor], your stomach produces more acid and stress can interfere with digestion. Consequently, you are more likely to experience problems such as constipation, ulcers, diarrhoea, heartburn, acid reflux and nausea.

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TC News

Feed your mind, change your world!

March 2023 Issue. 03



Are you listening to your spouse?



Relationship Advice

We all want to feel loved and cared for; giving each other a listening ear will go a long way to prove this.

If you do not care how your spouse feels about various things going on in your marriage or love relationship, you have encouraged them to look out for someone else who can listen and this will affect your bond.

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Relationship Advice

You should be the one to listen to your spouse such that the two of you can agree on how to adjust whatever it is and whether it is indeed necessary to do so.

When we don't feel listened to, as love partners; we are discouraged from speaking up the next time. We start to feel that our feelings are despised so we close up emotionally. This is how marriages and other such relationships suffocate.

Maybe your partner is communicating by shedding tears, have you cared to know why or you just regard them as cry babies? It could be that they are quiet but they are expressing how they feel by distancing themselves from you, have you reached out to give a listening ear? If you will not then who will?

This is how you give room to other parties to take up your position in this relationship; by allowing them to become the pillow your spouse leans on every time she or he needs emotional rest or to be understood.

Please be available, do not be insensitive. If we learn to reach out, listen and adjust, we encourage each other to open up in healthier ways.

Excerpt from DO NOT STRANGLE YOUR MARRIAGE: 50 WAYS MARRIEDS UNCONSCIOUSLY DESTROY THE GIFT OF MARRIAGE. Dial 0700487768 to get yourself a copy at only 30k.

WHAT DO YOU DESERVE?!

A woman walks into a restaurant; rudely staring at the waitresses and unbothered that they are trying to welcome her. She takes up her seat and starts speaking loudly on phone without a care that others may need a little quietness to enjoy their food treats. After sitting at the restaurant for half an hour without being attended to, she yells at the waitresses.

Woman: How much longer must I wait for the menu, it's been 30minutes and no one has time to serve me anything until now?!

Waitress: Excuse me madam, there is no menu here. Everyone is served exactly what they deserve.

Ucan Mantra:

If others think I can not do it, that is up to them because their negative thoughts will not stop me from achieving my goals. Only my negative thoughts can stop me!

(Repeat this every morning when you wake up)

Brain Teasers



What is very hard but very easy to break?

(Look out for the answer in the next issue)

Answer for previous issue is SPACE



FINANCIAL TIP:

Have you cared to find out where the largest part of your income goes? Are there any adjustments that can help you save on the expenses incurred on your highest expenditure item? Find out today!

HAPPY Women's DAY

8th March every year is the International Women's Day. On this day we acknowledge and celebrate the contribution women have made to us and the societies where we live! Celebrate a woman today!

2023 International Women's Day campaign theme is #EmbraceEquity. What is Equity? It is equal opportunities for all regardless of our gender differences.

Each one of us can actively support and embrace equity within our spheres of influence. We can all challenge gender stereotypes, call out gender discrimination, draw attention to bias and seek out inclusion. Collective activism is what drives change; from grassroots action to wide-scale momentum, we can all embrace equity.

Forging gender equity isn't limited to women solely fighting the good fight, men too should be involved. Allies are incredibly important for the social, economic, cultural, and political advancement of women.

Everyone, everywhere, can play a part. Collectively, we can all forge positive change. Will you embrace gender equity today?

Note: How are you planning to celebrate the women in your life? Write to us about a woman you would love to celebrate and why; we will select one woman and help to celebrate them.

ASK THE PSYCHOLOGIST

3. Sleep issues

When the level of pressure exceeds our ability to cope, our sleep patterns are affected. The brain is busy thinking about what to do, we can hardly rest even when we try to lay in bed.

4. Anger outbursts

When individuals are scared or worried about something, they often choose anger, unconsciously, as a way to feel as though they are in control of their anxiety.

5. Poor decision making

Once under pressure from varying stressors, we often panic and end up making irrational decisions. Others may see us but often they fear that we may over-react out of frustration if they try to warn us.

6. Skin problems

The blood flow to your skin is disrupted when you are stressed, you may thus end up with skin problems like hives or acne.

7. Poor self-care

Stress makes it hard for you to focus on important things. You end up unable to genuinely enjoy your life, this is when some of you start relying on drugs and alcohol to cope.

What can you do to feel better? Pray with faith, drink more water, do healthy exercise, focus on what is positive and hopeful, accept what you can not change and lastly; meditate in a relaxed environment; you will be surprised at how solutions to what brings you stress will come up gradually.

Email: inboxtriplecareltd@gmail.com to share your questions with #AskThePsychologist, thanks!

HEALTH TIPS

We are experiencing a heat wave lately, are you taking enough water? Are you well hydrated? Let's find out!

WHO recommends that we drink at-least eight glasses (standard size) of water per day which equals to about 2 liters daily.

However, in this hot weather and especially if we are exercising or indulging in loads of manual work, our water requirements will go up.

We need to drink up to around three liters of water a day on a hot day. Note also that it is important to take it in intervals throughout the day as opposed to once or twice excessively.

So, are you drinking enough water? Are your children drinking enough water?

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