

NEWS IN BRIEF

Disabled war veteran hoists Iranian flag underwater



IFP – A disabled veteran of Iran's sacred defense against the Iraqi army under ex-dictator Saddam during the 1980s war hoisted a national flag at the bottom of the sea to commemorate the Islamic Republic Day. Forty-four years ago, on April 1, an Islamic republic was officially declared as the political system of Iran, resulting from a referendum. The referendum was held some two months after the 1979 Islamic Revolution, which toppled the US-backed Pahlavi monarchy in the country.

Free portraits of King to be handed out, costing £8m of taxpayer money



SKY NEWS – Public bodies such as schools, local councils, police and fire stations will soon be eligible for a free portrait of the King. State-run organizations will be able to request one framed portrait each when the scheme launches later this year, the Cabinet Office said. The initiative will cost £8m and follows on from a similar one focused on the late Queen.

Avalanches in Norway kill four including skiers

THE GUARDIAN – Norwegian authorities said they would evacuate an area in northern Norway where avalanches and landslides killed four people, including tourists from Slovenia and Italy. Norwegian police announced that the decision was based on a recommendation from the Norwegian Geotechnical Institute and would affect several parts of the Arctic municipality of Tromsø. Four people died and one person was critically injured in three separate avalanches in the area on Friday.

How to reactivate our work modes after a long holiday

EXCLUSIVE

Social Desk

As the holiday season comes to an end, it's time to shift our mindsets from relaxation mode to work mode. While it can be tempting to continue the holiday spirit and put off responsibilities, it's really important to get back into the swing of things and start the New Year off on the right foot.

Now that it's back to work for most of us Iranians, it won't hurt to know that the transition from a relaxed, carefree lifestyle to a more structured and demanding routine can be challenging for many individuals. After such long holidays, it's not unheard of to feel a sense of dread or lack of motivation when returning to work. However, it's essential to embrace this change and make the most of the time we have. One of the keys to make the transition successful is to set realistic goals and prioritize tasks. According to psychology professor Dr. Angela Duckworth, having a sense of direction and purpose can help us stay motivated and focused.

Although it can be overwhelming to come back to a pile of work after taking time off, by breaking down tasks into manageable chunks and tackling them one at a time, we can make progress without feeling overwhelmed. With a positive attitude, realistic goals, and self-care practices in place, we can tackle our responsibilities with confidence and enthusiasm.

Another important aspect of getting back into work mode is maintaining a positive attitude. As emphasized by Dr. Martin Seligman, this can improve our overall well-being and help us cope with stress and adversity.

It's easy to feel sluggish and unmotivated after the holidays, but by focusing on the benefits of our work and finding ways to stay engaged and enthusiastic, we can maintain our momentum and keep moving forward. It's also important to take care of ourselves during this transition period. We need to make sure that we're getting enough sleep, eating well, and staying active. Taking breaks throughout the day can also help us stay focused and energized. Taking care of ourselves physically and emotionally is, Dr. Kelly McGonigal emphasized, essential for maintaining our resilience and ability to handle challenges.

We should remember that it's easy to get caught up in the demands of work and neglect our physical and mental well-being. Therefore, we have to ensure that we take breaks throughout the day to stretch, move around, and clear our minds. We can take a walk outside during our lunch break or practice some deep breathing exercises to reduce stress levels. It's also important to stay hydrated and eat nutritious foods to fuel our bodies and minds. Moreover, let's not forget to celebrate our successes along the way. Whether it's completing a project or simply making progress on a task, we better take time to acknowledge our accomplishments and reward ourselves for a job well done.

Finally, it's essential to make the most of our spare moments. As Ralph Waldo Emerson said, "Guard well your spare moments. They are like uncut diamonds. Discard them, and their value will never be known. Improve them, and they will become the brightest gems in a useful life." Instead of wasting our spare time on mindless activities, we would benefit from using it to pursue a hobby or learn a new skill. This will not only help us grow as a person but also provide a sense of fulfillment outside of work.

To cut a long story short, returning to work after a holiday break can be challenging, but it's essential to embrace this change and make the most of our time. Establishing a routine, prioritizing our tasks, taking care of ourselves, and making the most of our spare moments are all crucial aspects of a successful transition back to work. Through staying positive, focused, and motivated, we'll be back in the swing of things in no time.



UNSPASH



SCITECH DAILY

How ants took over the world

Ants took over the world by following flowering plants out of prehistoric forests.

Ants are pretty much everywhere. There are more than 14,000 different species, spread over every continent except Antarctica, and researchers have estimated that there are more than four quadrillion individual ants on Earth – that is 4,000,000,000,000,000, SciTech Daily reported.

But how ants evolved to take over the world is still a mystery. In a new study in the journal *Evolution Letters*, scientists used a com-

bination of fossils, DNA, and data on the habitat preferences of modern species to piece together how ants and plants have been evolving together over the past 60 million years.

They found that when flowering plants spread out from forests, the ants followed, kicking off the evolution of the thousands of ant species alive today.

"When you look around the world today, you can see ants on nearly every continent occupying all these different habitats, and even different dimensions of

those habitats – some ants live underground, some live in the canopies of trees," says Matthew Nelsen, a research scientist at the Field Museum in Chicago and lead author of the paper.

"We're trying to understand how they were able to diversify from a single common ancestor to occupy all these different spaces."

Scientists already knew that ants and flowering plants, or angiosperms, both originated around 140 million years ago and subsequently became more prevalent and spread to new habitats.

PIC OF THE DAY

Iran is, hands down, one of the most beautiful countries in the world, with its beauty never more apparent than in the early days of spring. The photo, taken in the mountainous region surrounding Karun-4 Dam in Chaharmahal and Bakhtiari Province in western Iran, shows beautiful scenery typical of the region. At this time of the year, the beautiful artificial Karun-4 Dam Lake creates a beautiful landscape with the snow-covered mountains of Zagros in the background.



HOSSEIN TORABI/ISNA PHOTO