COVID-19: 20 QUESTIONS WITH LANRE OLUSOLA

THERAPIST & BEHAVIORAL CHANGE CATALYST
During and after the Covid 19 pandemic. He describes what the ‘new normal’ gives her a deep insight of changes occurring during and after the Covid 19 pandemic. He distinguishes between the ‘old normal’ and the ‘new normal’. He highlights the changes that have occurred in our lives, both in terms of how we live and how we work. He emphasizes the need for us to adapt to the ‘new normal’ in order to survive and thrive.

The ‘new normal’ is a culture of giving and sharing. We are living in a world where we are constantly reminded of the importance of giving and sharing. This is a culture that is strongly encouraged by the government and the society. It is also a culture that is reinforced by the media, which is constantly highlighting the importance of giving and sharing.

The ‘new normal’ is a culture of health and hygiene. We are living in a world where health and hygiene are given top priority. This is a culture that is strongly encouraged by the government and the society. It is also a culture that is reinforced by the media, which is constantly highlighting the importance of health and hygiene.

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A FEW THINGS TO DO TO KEEP YOUR MENTAL HEALTH

FORM A DAILY ROUTINE
Maintaining a daily routine can help both adults and children preserve a sense of order and purpose in their lives despite the unfamiliarity of isolation and quarantine. We suggest trying to stick to your regular daily activities, like work, exercise, and hobbies if you can.

RIGHT NOW, IT SEEMS LIKE EVERYTHING IS CHANGING SO FAST.
It’s hard to keep up with the news reports of how many confirmed cases of COVID-19 there are, how long experts think we’ll be practicing social distancing, how the economy is coping, and so much more. And even if you wanted a brief break from it all, it’s especially hard to stay away from any talk of the coronavirus because it seems to pervade every single aspect of our lives. It’s all you can read about in the news, it’s the topic of everyday conversation with friends and family and strangers. All of this can make a big impact on your mental health. Here are some steps you can take to help manage those feelings of anxiety, worry, and stress.

MAKE TIME TO UNWIND!
Just because you might be spending more time at home doesn’t mean it’s an automatic unwinding session every day. Working from home and dealing with all the daily information of what this pandemic brings can be stressful and you can find yourself literally staring in any room you occupy in your house. We recommend any self-care strategy that works for you. Be taking a bath, lighting a candle and meditating, getting a workout in, or just closing your eyes and breathing for a couple of minutes, this can help relieve anxiety and stress in the body and mind.

PUT BOUNDARIES ON YOUR PHONE
Because you have so much time in your hands, it’s easy to get sucked into scrolling through social media and reading what you’re not supposed to be seeing. The Centers for Disease Control and Prevention suggests people should maintain good personal hygiene, take deep breaths, and keep to their regular daily activities, like work, exercise, and hobbies if you can.

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FOCUS ON IMPORTANT THINGS
Focus on what you know for sure and direct your energy more on what grounds you instead of fear of the unknown. The small things at the time really matter until we bend to keep your focus simple. For instance, you know your family loves you, call and check up on them. Plan to make yourself a nice healthy lunch or call your friends to check in on them. Bottom line, lean in to what feels good on a day-to-day basis.

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### DRESSES EVERY WOMAN SHOULD OWN

Now and forever, dresses are a staple in our wardrobes - think of them as all-in-one, zip-and-go portable outfits that can easily be dressed up or down. No matter where the winds of fashion change take us, here are five styles that we can’t get by without.

#### 1. The Little Black Dress
Every woman needs a little black dress in her wardrobe because it can get you through pretty much any occasion from desk to dinner.

#### 2. The Shirt Dress
Whether for work or the weekend, the humble shirt dress is everything. Put on a pair of sneakers and you’re 100% on trend.

#### 3. The Date-Night Dress
A dress that can truly transform your confidence must have for every woman. Whether it’s something more demure, have one that matches your mood - from playful to formal.

#### 4. The Flirty Floral Dress
There are few feelings better than how a perfect fun floral frock. Buy one now and you’ll wear it year after year.

#### 5. The Midi Skirt
Dress it down with Sneakers and sneakers, Skirts and Sneakers, ANYTHING and sneakers. Skirts Dresses and Dresses with Sneakers.

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**TREND TO TRY**

Putting together an outfit with your favorite Midi skirt is so simple, regardless of if you’re going for something flirty and girly or fun and edgy.

**Dress It Down With Sneakers**

Dress it down with Sneakers. From dinner dates to desk, the black-tie dress in her wardrobe is a staple for almost any occasion.

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Break The Rules!

COLOUR BLOCK!!!

COLOUR BLOCKING outfits is one of the easiest ways to stand out and look fashionable, while still seeming approachable and cheerful. The other great thing about colour blocking is that it can be done with fairly basic, comfortable, and affordable items. We will take you through a variety of colour-coordinated looks that will excite and enhance your style. From soft pink and yellow outfits to turquoise and orange ensembles, these stylish ideas will teach you how to wear bold colours without clashing.

ISIOMA

The perfect colour combination for your skin type and personal style.

LOLA AKINRIBI

When it’s time to incorporate a new look into your wardrobe, consider pairing blue and orange to create a bright pop of colour when styled in your outfit.

BY USIADENIOMA

CONSIDER THE FABRIC OF YOUR MASK

Whether you DIY a mask with a bandana or purchase one from a local retailer, the fabric you use can make a big difference. As we enter this new normal, take a look at whether you are a front line worker or just a regular person, you will soon discover that wearing a face mask everyday can cause some less than desirable effect on your skin even though it’s protecting you from COVID-19.

BRENDEN

So since the mask is here to stay here are some tips to help prevent your mask from ruining your skin.

CONSIDER THE FABRIC OF YOUR MASK

Whatever you DIY a mask with a bandana or purchase one from a local retailer, the fabric you use can make a big difference. As we enter this new normal, take a look at whether you are a front line worker or just a regular person, you will soon discover that wearing a face mask everyday can cause some less than desirable effect on your skin even though it’s protecting you from COVID-19.

DITCH YOUR MAKEUP

If you’re a girl who loves her makeup and doesn’t want to discard it, consider creating a more wearable look that allows for your new level of comfort and safety.

Gall or Pink

Ditch your heavy face make-up and try wearing a few light products.

REASONABLE

The importance of choosing the right foundation for your skin type.

VERONICA

As we enter this new normal, it means adjusting to changes in our routine, from working from home to meticulously planning trips to the supermarket and wearing face masks in public on a daily basis. Face masks, as we all know, are now permanent accessories in our daily life, so as we decide to step out and can’t wait to try the fashion statements most people will make with this new accessory. But may I remind you all that whether you are a front line worker or just a regular person, you will soon discover that wearing a face mask everyday can cause some less than desirable effect on your skin even though it’s protecting you from COVID-19.

DON’T STOP WASHING YOUR HANDS

Of course you’ll continue to practice common hygiene, but remember that relaxed restrictions won’t necessarily mean that the coronavirus outbreak is over, even after a vaccine eventually arrives. There may be economic reasons for schools and businesses to reopen, while the virus continues to spread, albeit at slower rates.

You might consider wearing barrier creams on your hands, but remember that this is not a substitute for washing your hands.

SANITIZER

Remember that the goal of stay at home orders and thorough handwashing is to slow hospitals from being overwhelmed with patients in need of treatment and minimize your risk for acquiring life-threatening symptoms.

DON’T IMMEDIATELY VISIT HIGH-RISK PEOPLE

There is nothing we would rather do when quarantine is over. As we enter this new normal, it means adjusting to changes in our routine, from working from home to meticulously planning trips to the supermarket and wearing face masks in public on a daily basis. Face masks, as we all know, are now permanent accessories in our daily life, so as we decide to step out and can’t wait to try the fashion statements most people will make with this new accessory. But may I remind you all that whether you are a front line worker or just a regular person, you will soon discover that wearing a face mask everyday can cause some less than desirable effect on your skin even though it’s protecting you from COVID-19.

Consider your family will need to carefully evaluate the risk of each situation.

DON’T THROW A PARTY

Governments and agencies are sure to have their own ways of going back to business as usual, including taking a phased approach that slowly relaxes some measures, while keeping an eye on possible spikes in new COVID-19 cases.

We don’t know for certain what will or won’t be allowed, there are some common-sense things people shouldn’t do once the lockdown has been lifted.

WHEN IT’S TIME TO INTEGRATE YOUR FACE MASK INTO YOUR WARDROBE

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So since the mask is here to stay here are some tips to help prevent your mask from ruining your skin.

YOUR MASK

When it’s time to step out and enjoy the sunshine, it’s time to take your colour blocking fashion to the next level. Consider a pink and orange outfit for a bright pop of colour when styled in your outfit.

DON’T DRESS TO IMPRESS

Social distancing measures exist for a reason, and that’s to slow the spread of viral transmission from people who come close to contact. Hosting a party at home or crowding into a bar when they reopen will jam people together in a room, giving the lingering coronavirus on an asymptomatic host the prime opportunity to infect others, who then could pass it along.

DON’T TAKE YOUR FAMILY TO THE BAR

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YOUR SKIN

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DON’T PLAN AN INTERNATIONAL VACATION

The international movement of people contributed to the coronavirus reaching pandemic proportions so quickly, through personal interaction like coughing and sneezing. If a recurrence were to happen, the last thing you want is the stress of finding yourself quarantined in an unfamiliar country, with no clear or quick way home.

DON’T Toss Out Those FACE MASKS

Not to be the bearer of bad news, but as a global society, we can’t say for certain what will happen next - if a vaccine is used in new coronavirus cases will make it necessary to reintroduce quarantine measures, as has happened in Singapore and Hong Kong, or worse, if a new strain emerges.

When the times change, the smart thing to do is remain cautiously optimistic about regaining your freedom to move, but remain realistic that we don’t know what the future holds. So keep that homemade face mask handy.

YOUR MAKES

When you feel comfortable after getting a vaccine, you might consider wearing a few light products.
LOOK CHIC ON BLAZER DRESS

The blazer is no longer just that jacket that’s part of a suit that you have to wear to work. It’s a fashion staple necessary for any fashionista’s wardrobe, and it’s also the inspiration for the hottest dress trend around. It could be an oversized boyfriend blazer you find that extends to your knees, or it can be a dress specifically designed with the typical features of a blazer. Needless to say, it’s a brilliant way to look chic and sophisticated. Your favourite celebrities have embraced this trend completely, creating the ultimate sexy power woman aesthetic we all love to express and have successfully pulled off the style. Check them out.

BY USIADE ISIOMA

MEN IN THE 70’S TREND WIDE LEG PANTS

Wide-leg trousers may initially seem like a bold move, but they’re actually a walk in the park to style. It’s not hard to remember a time when wide-leg trousers were considered one of those beyond-the-pale pieces that fashion designers periodically tried to foist on sceptical menfolk. These pants made an impact on the runway and created a striking silhouette. Many of today’s biggest trends prefer a wider leg: street-friendly skate wear, pleated mid-century styles and voluminous versions are a great place to start as they combine well with everything you already have.

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GET HER LOOK

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KEYA OJUDE has stepped out in a number of beautiful dresses over the years, but we were reminded of one particularly stunning outfit that made a statement all on her own. Amongst other things, the hair guru loves to play with her looks. While Instagram-stalking her recently, we spotted the beauty guru showing off her curves in a figure-hugging Vetements monogrammed styling top with black pants from Alexander Wang. She totally owned her look. The gloved bodysuit and slightly unbuttoned pants definitely adds an extra edge to her ensemble!

Red is bold and powerful, and attention grabbing! KEFILWE MABOTE showed off her killer legs in this red blazer dress defining her waist with the utilitarian belt. A chic vibe. This blazer dress is nailing two trends in one with its pockets and utilitarian waist belt. MIMI YINA effortlessly interpreted the coziest way to slip on a blazer dress by pairing hers with sneakers for an easy look that any lady would wear comfortably.

Forget bodycon, the coziest way to ooze sexy is with a nonchalant boyfriend fit. GRACE MOTSWINA’s double-breasted dress has a boxy silhouette and shoulder pads, for a true borrowed-from-the-boys feel.

Cool girls, swap figure-hugging styles for more masculine silhouettes, looking like you actually just slipped on your boyfriend’s blazer. TITILOLA SOGUNRO’s blazer dress is all kind of 80s vibes with the boots.

For a unique and stylish approach towards fashion, wear a buttoned-up blazer dress without a tank top for an effortless look. This look is super cool and very modern for any occasion. YINA

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The blazer is no longer just that jacket that’s part of a suit that you have to wear to work. It’s a fashion staple necessary for any fashionista’s wardrobe, and it’s also the inspiration for the hottest dress trend around. It could be an oversized boyfriend blazer you find that extends to your knees, or it can be a dress specifically designed with the typical features of a blazer. Needless to say, it’s a brilliant way to look chic and sophisticated. Your favourite celebrities have embraced this trend completely, creating the ultimate sexy power woman aesthetic we all love to express and have successfully pulled off the style. Check them out.

BY USIADE ISIOMA

MEN IN THE 70’S TREND WIDE LEG PANTS

Wide-leg trousers may initially seem like a bold move, but they’re actually a walk in the park to style. It’s not hard to remember a time when wide-leg trousers were considered one of those beyond-the-pale pieces that fashion designers periodically tried to foist on sceptical menfolk. These pants made an impact on the runway and created a striking silhouette. Many of today’s biggest trends prefer a wider leg: street-friendly skate wear, pleated mid-century styles and voluminous versions are a great place to start as they combine well with everything you already have.

BY USIADE ISIOMA

GET HER LOOK

BY USIADE ISIOMA

KEYA OJUDE has stepped out in a number of beautiful dresses over the years, but we were reminded of one particularly stunning outfit that made a statement all on her own. Amongst other things, the hair guru loves to play with her looks. While Instagram-stalking her recently, we spotted the beauty guru showing off her curves in a figure-hugging Vetements monogrammed styling top with black pants from Alexander Wang. She totally owned her look. The gloved bodysuit and slightly unbuttoned pants definitely adds an extra edge to her ensemble!

Red is bold and powerful, and attention grabbing! KEFILWE MABOTE showed off her killer legs in this red blazer dress defining her waist with the utilitarian belt. A chic vibe. This blazer dress is nailing two trends in one with its pockets and utilitarian waist belt. MIMI YINA effortlessly interpreted the coziest way to slip on a blazer dress by pairing hers with sneakers for an easy look that any lady would wear comfortably.

Forget bodycon, the coziest way to ooze sexy is with a nonchalant boyfriend fit. GRACE MOTSWINA’s double-breasted dress has a boxy silhouette and shoulder pads, for a true borrowed-from-the-boys feel.

Cool girls, swap figure-hugging styles for more masculine silhouettes, looking like you actually just slipped on your boyfriend’s blazer. TITILOLA SOGUNRO’s blazer dress is all kind of 80s vibes with the boots.

For a unique and stylish approach towards fashion, wear a buttoned-up blazer dress without a tank top for an effortless look. This look is super cool and very modern for any occasion. YINA
SOCIAL DISTANCING vs PHYSICAL DISTANCING

As you cope with the reality of the COVID-19 pandemic, knowing the difference between social and physical distancing can help improve your mental health.

‘Social Distancing’ is a measure of distance across social boundaries. It refers to staying at least 6 feet (2m) away from people to avoid getting infected and ‘flatten the curve’ in the spread of COVID-19.

Although “social distancing” is still widely used, it may be sending the wrong message and contributing to social isolation. During these current times of quarantine and isolation, it’s important we stay connected virtually with the people in our lives and our communities.

Keep your distance and remain connected through:

- Video chats and phone calls with friends and family or visit online communities that discuss and share information on numerous topics of interest
- Game nights with everyone you live with (if they aren’t sick) or video games that allow you to connect with people around the world
- Virtual movie nights with your family and friends (video chat or text while watching the same movie in your own homes or rooms)
- Exercise/yoga/mindfulness videos online to be physically active in the comfort of your own home

Practise physical distancing the right way

- Limit your time in public. If you need essential items, like groceries or medication, it’s fine to go out but it’s important to limit your trips. Instead of going to the store every few days, try to go once a week or, if it’s available in your area, use grocery delivery or pick up services.
- Use a face mask. Whenever you’re outdoors, endeavour to wear a face mask. These can be store bought disposable ones or homemade. Whatever the case, make sure you wash or change your face masks daily.
- Keep your distance, some stores have used tape to mark off distances of 6 feet at checkout lines. Be mindful of keeping your distance from people around you but feel free to still engage.
- Use hand sanitizer before and after you enter a store. Use a hand sanitizer that’s made with at least 60% alcohol.
- Wash your hands. While hand sanitizer is a great option when you can’t get to a sink, thorough hand washing with soap and water is the best way to prevent the spread of viruses.
- Cover your mouth. Even if you think you’re not sick, when you sneeze or cough, cover your mouth with a tissue or the inside of your elbow. If you use a tissue, throw it away immediately and wash or sanitize your hands.

The World Health Organization (WHO) have started using the phrase “physical distancing” in place of “social distancing”, maybe it’s time you did too. #AccessCares

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Lanre Olusola is a Psychotherapist, Emotional Freedom Therapist, Neurolinguistics Practitioner, Matrix Reimprinting Practitioner and a Behavioral Change Catalyst. Olusola has several diplomas and certificates in the aforementioned sectors. Olusola is recognized as one of Africa’s Premier Life, Mind, Emotions and Behavioral Change Coaches who works with individuals and organizations to transition from where they are to where they desire to be. He also has a Masters in Coaching and Behavioral Change Psychology from Henley Business School, Reading University and is currently doing a Doctorate in Coaching and Mentoring in Oxford UK. Having worked extensively in Nigeria, across Africa and other parts of the world in various capacities with organizations such as the World Bank, the UK Government through the DFID and The British Council, Ericsson, Total, Argentil Capital, EbonyLife TV, GTBank, First Bank Plc, Stanbic IBTC, FCMB, FBN Capital, The Nigerian Stock Exchange (NSE), the Nigerian Government and so much more, Lanre has been able to impart exceptional problem solving, motivational, human developmental, leadership and management skills to his clients. In his quest to transform one mind at a time, Lanre uses platforms such as; Social media, TV, Radio, Seminars, Workshops and more to get his life changing messages to as many people as possible. As part of STYLE’s COVID 19 series, as an expert in behavioral patterns, Olusola speaks extensively to the EXECUTIVE EDITOR of THISDAY STYLE, RUTH OSIME giving her a deep insight of changes occurring during and after the Covid 19 pandemic. He describes what the ‘new normal’ is in today’s times.
Do you think words such as social distancing and isolation and quarantine will be permanent fixtures of a new world where the coronavirus pandemic is over? Words bandied about by a new generation that’ll be permanent reminders of this period we are going through?

As human beings, every second we are exposed to about 4 million bits of information through our five senses. We however can’t take in all these things at the same time, hence neurologically we devise the process of deletion, distortion and generalization, to filter and reduce all the information to about 7 to 8 bits of information that we are able to consume, process and store in our short-term memory (cognition).

Our natural internal filter determines our perception per time. Attention is often given to, and we have the ability to recall information about, something we have been exposed to before long when something else that is more novel is introduced, the previous information is subconsciously recorded as old and automatically pushed to the back of our short-term memory.

Just like when you see a bill board for the first time on a high way. It captures your attention for the first few times you drive past it, but after a few weeks even though you drive past that bill board daily you no longer consciously see it. That is because you subconsciously deleted, distorted and generalised it.

So, once we stop being bombarded with the negative news and covid information and we start receiving other information we will forget most of the covid-19 information.

The way we see the product is actually the problem. Covid is actually in one of the worst things that will ever happen to humanity, if we can see the cup as half full. During this time of lockdown, every human being has an opportunity to reset and reassess what is important to them.

4 This period of Covid 19, lockdown and social separation reminds one of the Gabriel Garcia Marquez books, ‘Love in the Time of Cholera’ where one of the lead characters, Florentine, after so many decades of unrequited love from the root of monogamy and proves its impracticality.

5 There are seeing traits they never noticed before in the couples they know. Couples in reality, where people have unrealistic expectations of a kind of romance they see in movies or read about in romantic novels.

There are seeing traits they never noticed before in the couples they know. Couples in reality, where people have unrealistic expectations of a kind of romance they see in movies or read about in romantic novels.

5 Though bonds might have strengthened between couples, this same lockdown has also heightened insecurities and differences between other couples.

6 Many couples and families today are currently overworked and stressed because they are torn between their financial needs and the coronavirus. People who live with violent and abusive spouses when they can’t handle it they without hesitation difficult it during this period. This lockdown will definitely evoke and amplify conflicts among couples and families, if one feels like we handle it we will and then each other.

7 To this end, let me share a few more practical ways for couples to make the best of something stuck together.

1. Develop a renewed interest in each other.

2. Show interest and participate in what your partner is interested in.

3. Find common functional activities to do together, listen to music, dance, exercise etc.

4. Recommit to each other and intentionally work on your relationship.

5. Communicate with each other and laugh together.

6. Be extra kind to and patient with one another.

7. Ensure that you respect and appreciate each other (because you’re stuck together).

8. Understand each other better and speak each other’s love language.

9. Tell each other daily how much you care about each other and show it.

For couples out there who were planning to separate things you can now do what they have always been yearning to do.

8 Recently when China’s second largest Guangzhou flagship store reopened, it saw a dramatic increase in post-Covid 19 in Hong Kong. Hermès is said to have made 2.7m in sales on the reopening day! Do you think after so many weeks on lockdown, people will seek the ‘feel good’ factor after suffering from cabin fever and go on such splurges?

Different people will react differently, some people will bounce in and seek comfort from a lot of things that they were deprived of because during the covid 19 lockdown. Others will lose their taste for those kinds of things simply because some have, shut them faces between others while people who have died during the lockdown. They will reassess their priorities and redefine what is really important to them.

9 That is true, some people, in return, now, more than ever, look at the material things around us as worthless as they do not have the same appeal they once had. Also the thought of dressing up to go to an event makes one shudder at the risk involved now. Do you think this is a general perception and would we ever recover from the mental scars of the coronavirus? Now more than ever, once again, enjoy traveling, celebrations, events etc. which all crowd us, as we used to without fear?

Human nature is actually very interesting, the more we see other people dress up, make up, go out and post their pictures online, the more we forget our covid 19 experiences and begin to think that all we are missing out on life and then we are lured by our own desires and boost before we know it, we are drawn back into the lifestyle.

10 They say peaks, hardships and crisis can also be a breeding ground, past is, social distancing, elbow greeting or Japanese style both serve as an embrace, you have to stay or we will eventually revert to our old ways in time.

Odd as it sounds, there have been couples whose putting on their wedding rings were shown running away from their new freedom. One couple was asked about their husbands wanting too much sex!

As comical as these skits were, there is a point of inflection after a certain point, where the 10 realize one only meal comes into that room and it is at that point we begin to see true human nature. Self interest. What is your take on this and what suggestion will you give to curb this fear of survival?

It is very important that we understand that covid 19 and the lockdown, just like every thing else in life, there is a timeline. I argue that means that man’s first basic instinct now with the current situation is to survive. According to the Man’s five levels needs, as humans, we have other higher needs beyond survival. After we have consistently survived then we seek stability, which is the difference, people actually look at what they’re passionate about and enjoy doing. After we achieve stability, we seek security, which for most, is the stage of financial independence where they can acquire a lot of things. After security, we seek success, which is the stage of self actualization which is most of our dreams, vision and mission.

After success, we seek significance which is mostly, the stage when people decide to succe and achieve their dreams, vision and mission.

Man will however, never be fully satisfied until he consistently experiences and meets each need at each level.

11 At a certain point when there is a lockdown, there is a clear reflection. Family values are seeing traits they never noticed before in the couples they know. Couples in reality, where people have unrealistic expectations of a kind of romance they see in movies or read about in romantic novels.

12 There is also the notion that you can only keep people locked down for a certain period because after a while, they will come out once again, and will still set the stringent steps would you advise be taken to avoid mass casualties? If the virus has not been contained and the need to stay home might required further still? People have real survival needs, they have to eat, work, shop and provide for their families. So, if government really wants everyone to stay at home, they have to meet the basic needs of the less privileged everyday. They have to provide food, and we can’t afford to lose more people will kill more people than the coronavirus. People will rather break the law
13. Africa and Africans must always go a-begging?
Africa and Africans need to start looking inwards, we need to start solving our own problems. Interdependence is the future not independence. But interdependence on ourselves. Truth is that we are all blessedly blessed and continent. We must change our perception about who and what and we are. We must be authentic and original. Knowing and embracing who we are and what we are our identity is key to our future.

14. What things do you need to do to rebuild our social and emotional immune systems?
The answer lies in a simple response that I coined a few years ago about Your/Dos/OO/DOS after a did a research on what we can do to overcome depression. To Strengthen your emotional immunity, I have a healthy dose of these four basic pillars: Dopamine, Serotonin, Endorphins by doing the following:

To Boost your Dopamine level daily, 1. Eat foods rich in Tyrosine (Fish, Avocado, Walnuts, Bananas, etc) 2. Exercise at least for 30 mins daily 3. Get regular sleep, 4. Avoid caffeine or artificial sweeteners
To Boost your Serotonin level daily 1. Reduce your sugar intake. Take in simple sugars during stress. 2. Eat Healthy and balanced. 3. Eat high protein foods like turkey, chicken 4. Stay away from alcohol and palatability.
To Boost your Endorphins level daily 1. Eat dark chocolates. 2. Engage in simple exercise. 3. Avoid sitting for too long stand up stretch and walk around every 90 mins for five minutes. 4. Avoid eating any food that will make the heart beat or blood pressure go up. 5. Smile more. 6. Do not be too serious, 7. Use natural Fragrances like lavender on your pillow or in your room.
To Boost your Tyrosine level daily 1. Drink a glass of red wine. 2. Get online Emotional Freedom Therapy (EFT) which I provide.

15. Is the New normal a world lived virtually?
One who is able to carry it all in exchange for a healthy heart, is one who is able to enjoy the fullness of life with a healthy heart.

16. What do you think is the most important single thing that we can do to improve our capacities for the future?
One who is able to carry it all in exchange for a healthy heart, is one who is able to enjoy the fullness of life with a healthy heart.

17. The world as we know it has changed forever. People have to use this lockdown period to reassess their lives and determine their skills gaps. They must therefore reposition themselves and acquire various new skills. We are in a kind of new age now and there are specific skills that the world economic forum has stated all will have to survive and succeed in the next 10 years and they are as follows:

- Innovation and Creativity
- Emotional Intelligence
- Analytical (critical/ rational) Thinking and Problem-Solving Skills
- Having an active mind-set to learning, development, & growth
- Sound judgment and decision making on the go.
- Interpersonal Communications & Relationship Skills
- Leadership Skills for self & other people
- Cultural intelligence Skills of diversity, dynamism, flexibility
- Digital & Technology Skills
- Get online world class to help you develop 80% of all of above.

18. Given the nature of the pandemic it becomes imperative for individuals and organisations to make the requisite adjustments and transition to full virtualisation and lock-downs; many people have been working remotely and making positive virtual engagements virtually. Many have become more and more acceptable and become the future of work as we know it. Digital/virtual is already the new normal.

19. What is the most important single thing that we can do to improve our capacities for the future?
One who is able to carry it all in exchange for a healthy heart, is one who is able to enjoy the fullness of life with a healthy heart.

20. Is there a group of people who harbour the fear of ‘what next?’
This predicament is not just with their careers and the foreboding fear of bleakness in the environment post-Covid. They wonder whether their earning capacity and relevance in their services might no longer be required in the ‘new world’.

21. What can you advise our assurers to fear?
This is ultimately for our own mental, emotional, and spiritual wellbeing. We have to do both. We have to be kind and show empathy to all. This is what our leadership has been, and we must continue to do. We must be authentic and original. Knowing and embracing who we are and what we are our identity is key to our future.
By Sunday Riley

**Good Genes** is formulated with a high potency, purified-grade lactic acid and hyaluronic acid to boost the concentration of Lactic Acid, and improve skin texture, while aloe vera accelerates the process of cell renewal. Ideal for all skin types, Good Genes is a two-in-one mask and chemical exfoliant, containing Lactic Acid, Glycolic Acid, and Salicylic Acid to speed up the sloughing off of dead skin cells. It also protects the skin from UV radiation, which may help to reduce the appearance of fine lines and wrinkles, leaving the skin feeling firmer and smoother.

**Moisturizer**

By MARA BADESCU BUTTERMILK

Mara Badeacu’s Buttermilk Moisturizer is a daily moisturizer ideal for normal to combination skin. Lactic acid and thyme combine to give you a lighter and smoother complexion while gently dissolving away dead skin cells.

**Dermalogica Gentle Cream Exfoliant**

Dermalogica’s Gentle Cream Exfoliant is a two-in-one chemical exfoliation treatment that increases hydration and smoothness using alpha hydroxy and lactic acids to speed up the process of cell renewal. Ideal for those who are looking for a gentle, weekly treatment, this product will work to improve skin texture, while aloe vera helps to calm and soothe.

**Rice Water as Shampoo and Rinse**

A rice water rinse can also be used as a shampoo. This is a natural way to add moisture and shine to your hair. To make a rice water rinse, add 1/4 cup of cooked rice to 1 cup of water. Let the rice sit in the water for 30 minutes, then drain. Using the rice water, rinse your hair and then rinse with plain water. This can be done once a week or every other day.

**Use A Beer Rinse WhenEVER You CaN’t O n Hair Care**

If you find your hair is dry and damaged, you can use a beer rinse to help fortify it. Beer contains proteins that are beneficial for hair and scalp health. It also contains amino acids that help to improve hair elasticity and reduce frizz. To use a beer rinse, dilute 1/2 cup of beer with 1 cup of water and apply to your hair. Leave it on for 5-10 minutes, then rinse.

**APPLY O NION JUICE ALL OVER YOUR HAIR**

Onion juice is rich in nutrients and benefits for hair growth and re-growth. It helps to stimulate hair growth, and also contain sulphur, which prevents hair fall and promotes strong, healthy hair. They also contain antioxidants, to help prevent hair loss and grey hair. If you drink from the juice to help prevent hair loss, then you can add a few drops of lavender or peppermint essential oil to it. Squeeze the juice of three or four onions daily and apply to your scalp to replenish sulphur and protein levels. Leave on for five minutes, and then rinse.

**Use As Much Green Tea O n Your Hair As You Can**

Green tea is rich in antioxidants, a natural way to add moisture and shine to your hair. To make a green tea rinse, boil 1 cup of water and add 2-3 tea bags. Let it steep for 10 minutes, then remove the tea bags. Use this mixture to rinse your hair after shampooing. This can be done once a week or every other day.

**Use An Almond Oil Rinse On Your Hair**

Almond oil is a natural way to add moisture and shine to your hair. It is rich in vitamins A and E, as well as omega-3 fatty acids. To use an almond oil rinse, mix 1/4 cup of almond oil with 1 cup of water. Apply this mixture to your hair, let it sit for 15 minutes, then rinse.

**Follow a Sensible Diet For Healthy Hair**

A well-balanced diet can help to improve hair health. Ensure you are getting enough protein, as this is a key nutrient for hair growth. You should also be getting enough iron, as this helps to carry oxygen to the hair follicles. Consuming a lot of processed foods can also be harmful to your hair, as they can lead to hair loss and thinning.

**Applying Lactic Acid to your hair can do wonders for scalp health, hair texture, and stimulate overall wellness too.** There are some oils you should consider excluding in your regimen. Choose natural oils. Better based on your need and hair type, and massage well into scalp and hair for optimum health.

**Coconut oil**

This age-old remedy has stood the test of time. Works on all hair types, it is naturally available and affordable. As a hair mask, it softens the hair, repairs split-ends and boosts hair growth. It also protects the hair from UV radiation. For best results, use extra virgin coconut oil.

**Argan oil**

Extracted from the kernels of the argan tree, found in Morocco, it is rich in Vitamin E, making it the perfect moisturiser for dry and lacklustre hair, reducing frizz.

**Sunday Riley Good Genes**

Good Genes by Sunday Riley is an instant radiance. This multi-purpose treatment of dandruff and psoriasis. Scaly hair, dry scalp, and pooled, and nourished, and less prone to split ends. Green tea is rich in antioxidants, which aid healthy hair, hydrates and nourishes.

**Use A Beer Rinse WhenEVER You CaN’t O n Hair Care**

The ingredients found in malt and hops improve hair health in two ways. First, it helps to protect the hair from UV radiation, which is one of the main causes of hair loss. Second, it helps to protect the hair from water damage, which can cause hair to become dry and brittle.

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**Apply A Paste of Crushed Amla**

The humble amla or Indian gooseberry is a rich source of vitamins and minerals. It is rich in vitamin C, which helps to boost collagen production, which boosts hair growth. It is also rich in vitamin A, which helps to improve skin health. Amla is also rich in flavonoids, which are antioxidants. Use this mixture as a scalp mask, as a hair mask, or even as a foot mask.

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Corona Virus

On the Global Scene

Dolce and Gabbana support Covid-19 research

Dolce & Gabbana has teamed up with the Humanitas University in Milan, to help fund its research into the role of the immune system in fighting the coronavirus and an eventual Covid-19 vaccine. In celebration of the partnership, the Italian fashion house has launched a new bag, the Devotion, and accompanying campaign, starring Modern Family actress Sofia Vergara. A portion of the proceeds from all online sales of the Devotion bag will go directly to support the university and its scientific research benefitting global health.

The Devotion bag comes in several different iterations, including a multitude of colourways, sizes, finishes and silhouettes. A truly worthwhile investment, the only difficulty lies in deciding which version to buy.

London Fashion Week is going online

As the global pandemic wreaks havoc with all scheduled events happening this summer, the British Fashion Council is addressing how it will deal with the upcoming men’s and women’s London Fashion Week programmes, which usually take place in June and September.

In a statement, the BFC announced that the men’s and women’s collections will be merging onto one platform – and that this platform will be digital only for the very first time. It will launch this June (when the menswear shows usually take place) with interviews, podcasts, designer diaries, webinars and digital showrooms. And it will, for the first time, be an event open to the public as well as industry insiders.

Christopher Kane launches craft kits so you can make your own face mask at home

The ongoing COVID-19 pandemic is resulting in a difficult time for people all over the world, and particularly for those working in the healthcare sector and other frontline services. While the virus presents anxieties for our most vulnerable members of society, some businesses are rising to the challenge, and contributing in their own, unique ways, including Christopher Kane, who today launched an inspired new initiative.

The British fashion brand has put together a new campaign which will allow people to make their very own cloth face masks by providing them with a free craft pack, which contains recycled, past-season materials from the London Fashion Week brand’s collections. This initiative aims to help prevent the spread of COVID-19 for those wearing the masks, but also increase the availability of medical-grade face masks, allowing these to be left for those who need them most.

Bella Hadid stars in the first fashion campaign shot over FaceTime

During these restricted times, models and fashion brands are having to get creative in order to adapt.

Bella Hadid, who, like many of us, is working from home at the moment, has starred in the first fashion campaign shot via FaceTime. For the Jacquemus spring/summer 2020 campaign, designer Simon Porte Jacquemus and photographer Pierre-Ange Carlotti worked with Hadid entirely over the phone, in order to shoot a series of images.

 Aptly titled “Jacquemus At Home”, the campaign sees Hadid modelling pieces from the spring 2020 collection that was shown last June, in celebration of the designer’s 10-year anniversary.

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Manolo Blahnik launches creative initiative for everyone at home

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Glo Stay Home Data Plan
Enjoy up to 20% More Data

Existing Glo customers can now enjoy up to 20% More Data on our data plans. Make staying at home a pleasure.

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