



Happy clicking

Have you tried the 'Donut selfie' yet?

ARE YOU TIRED of posting those drab still selfies on your Facebook or Instagram account? A new form of video selfie called the 'Donut selfie' could now help you present some cool shots. The technique, created by an ex-Microsoft employee Karen Cheng from California, involves taking various panoramic video shots using the phone camera.

This 360-degree video selfie can be taken by orbiting your smartphone camera around your head at eye level while capturing the background scenery.

Editing each clip together gives the impression viewers are passing through your head and arriving at a different location each time, Cheng was quoted as saying.

"I did one that was from one side of my head to the other - made a donut around my head - and the video started

looping and woah that looked cool," Cheng said.

She has since released a video that shows the camera spinning around her head, with the scenery changing each time, from her workplace to a train station and even her bed.

You can create your own donut selfie using the front-facing camera on a smartphone, Mail Online reported. IANS

Stay cool

Hot fashion tips for cold weather

DON'T LET THE cold weather be your excuse for not looking 'hot' this winter. Here's what you can include in your winter wardrobe, reports femalefirst.co.uk:

- **Footwear:** Black biker boots can be teamed with black skinny jeans and an oversized jumper for a casual, weekend look.
- **Dresses:** Sequin-covered

dress will surely turn a few heads once you wear it and hit the dance floor.

- **Winter warmers:** What would winter be without a cosy coat or soft sweater to warm you up? A bow print, white-collared jumper would look just as cute with a pair of boot cut jeans as it would with a mini skirt and black tights. IANS

ALIGN YOUR LIFE

Letting go

Mariam had come to see me on her lunch break. She did not tell me what was the reason and had requested that I see her urgently. I presumed it must be some problem at work or problem with her mother-in-law. But when she spoke, I realised how deep rooted and complex her problem was. "I am just like my mother; I hit my daughter today," she sobbed softly dropping her head in her hands. All her life Mariam had struggled with the way she was bought up and decided to move out of her country to start a new life.

Initially things seemed to be ok, but slowly her mood swings took over and in no time her emotions were out of control. Her marriage and motherhood made things worse and before she knew it, she was behaving just like her mother.

Many people like Mariam share a troubled relationship with their parents. Their childhood is marked by trauma and arguments. Some have even gone through physical or verbal abuse. Their life is never the same again due to their childhood. But as people grow old and move on, they feel that the past is dealt with and it can't harm them anymore. But the truth is far from it.

Your childhood is the main link in the chain of life. No matter where you go, what you do or who you become, your early experiences define who you are. But what if these experiences are negative and marked with trauma? Are you equipped to deal with it and move on?

Your subconscious mind controls all your past memories and experiences. It stores all the emotions and trauma deep inside your mind. It is so deep that you start believing that these events never happened. But many things can trigger a trail of old memories and before you know it, you are back to where you started.

So the questions are: can you ever get over your past? Is it possible to forgive and move on? It is possible but it's a long process. These days' tools such as meditation, and hypnotherapy are easily available to help you with childhood trauma. Hypnotherapy has huge success rate while dealing with childhood emotional abuse, while meditation disciplines the mind to focus on your life in the present moment. Journal writing and psychotherapy can also help.

The first step to dealing with childhood trauma is acknowledging and accepting it. The rest will just fall into place.

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