

Psychology

6 STRATEGIES TO STAY POSITIVE WHEN NEGATIVE PEOPLE DRAIN YOUR ENERGY



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Often, we cannot simply remove ourselves from toxic relationships; it could be with a colleague, an in-law, or a parent. When someone in our lives push us down and drain our energy, it can become a daily challenge to stay positive.

Below are 5 strategies to remain positive around negative people we cannot avoid or don't want to remove from our lives.

1. Don't take it personally.

Many times when people are dealing with difficulties in their lives, those around them become the targets of their unhealthy

copied strategies. Their behaviors manifest their insecurities, fears, and anger. The most important thing you can remember is that this is about them, not you, and therefore don't take it personally and exclude yourself from their conscious or unconscious game.

2. Remain grateful for what is going well.

Make a gratitude list, let people know how thankful you are for their presence, and count your blessings for even small things. Put good energy out into the world and it will come back to you. Gratitude can go a long way in reminding us that life involves more than our immediate surroundings and expands beyond our everyday life.

3. Remind yourself that everyone has their own journey.

Try to understand rather than judging people. We all have to learn different lessons in life. Perhaps this person has come into your life for a reason. At the same time, this person has to come to her/his own realization on their own time. Remem-

ber that when we adopt a broader view, we're able to get out of our limited thinking.

4. View this challenge as an opportunity for growth and self-discovery.

Changing our mindsets and thoughts can transform our attitudes. Slightly altering your perception can also help you imagine what the other person might be experiencing. You may want to ask yourself, what is happening in this person's life that is making them behave this way? We all go through periods of self-doubt and uncertainty. Considering it's difficult to stay positive right after a disappointment or crisis, it's important to cultivate healthy habits while we are feeling good about ourselves. We can take this opportunity to reflect on how we would be affected if we found ourselves in similar circumstances.

5. Spend time alone and love yourself.

Make time for you to pursue a hobby, travel, take a walk, or meditate. Giving ourselves time to think can create wonders

on our psyches and overall attitudes. Many people underestimate the importance of being alone with their thoughts. Even if you spend the beginning of that time being angry toward a person, it is necessary step towards shifting your thinking, so that you can return to positivity. When you allow time to process your thoughts you give yourself the opportunity to come up with insights and solutions.

Meditation is one way to gain clarity and develop mindfulness.

6. Work on yourself through strategic therapy.

One to one therapy can help you learn all the above and more. Learn how to set your boundaries, how to make your own choices, how to set your goals and pursue your own success without being affected by others.

"We can allow our self to be our real self".



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Sport

Cricket is establishing its presence in Kuwait



The game of cricket is slowly, but steadily, acquiring a place in the sporting life in Kuwait.

Amar Cricket League of Kuwait will launch its 3rd season with a tournament featuring 12 teams. This follows two successful cricket seasons which were marked with much interest and enthusiasm.

The competition will be held at Al Riggae Cricket Ground, 4th Ring Road, near the petrol station, from November 18 to

December 9.

The matches will be played on the basis of eight overs each with two league matches for each team followed by pre-quarters, quarter-finals, semi-finals and the finals. There will be a total of 19 matches.

Cricket is a major sport in as yet a small number of countries such as England, India, Pakistan, Australia, South Africa, West Indies, New Zealand, Bangladesh, Sri Lanka And Zimbabwe.

Point of view

Smartphone obsession can harm your life



According to The Dailymail newspaper, about 10 percent of the smartphone users touch their phones 5,427 times a day ; 2 million times a year .Take a random glance at everyone walking on the streets , sitting at cafes or restaurants , in buses or even at hospital halls , you would almost note that they are all glued to shiny screens . No one could deny that we love our smartphones so much that we never want to put them down. but, what to do if that affection turned into an obsession?

Nowadays, smartphones have become part and parcel of everybody's life .Leaving your home without your mobile is like forgetting your ID card or purse or even going out without your shoes on . Smartphones make our life much more convenient and easy due to their ability to do many tasks . They are all-in-one devices: You can communicate with friends, family, and co-workers , send messages, receive and reply to emails as well as taking photos and editing documents . There are many entertainment applications and games which are our perfect choice to spend our free time on, let alone educational applications that can be very useful for students or employers .There are even apps that help you learn foreign languages on the go .Now your phone is also an ebook reader, currency converter and GPS tracker. The invention of smart phone is really astonishing but , what about our

safety , health and social life?

Even though it is illegal in Kuwait to use the mobile while driving , many studies have shown that one of the main causes of traffic accidents is using mobiles while driving; there are hundreds of deaths and injuries because of distractions by mobile while driving. The excessive use of smartphones also leads to hazardous health problems. Many users of smartphones admit that they sleep with their phones turned on under their pillows or next to their beds which , in turn , may be the main cause of insomnia and could deteriorate their concentration and affect their mental health in the long run. Excessive use of smartphones may also cause eye strain and dryness as well as social isolation as many believe that our younger generation is actually less capable of normal socializing because of this. They're simply not comfortable with chatting with someone they meet out in public. Since humans are social creatures by nature who need real life connections, this runs the risk of becoming a huge problem for society.

In conclusion, mobile phones have both pros and cons to our society. They are very convenient to our lives. But, I believe that we must use them in a well-advised manner because their impact is so bad on our health, time and communication.

By: DALAL AL RAMADHAN

Technology

SYMANTEC STRESSES THEIR PHILOSOPHY OF "INNOVATE, BUT SECURELY" DURING EGOV4

Symantec, the IT Security leader, announced today that they will be actively participating in the upcoming forth e-Government Forum (EGOV4) due to take place from 27 -29 November at Arraya Ballroom of Courtyard Mariotte Hotel. "We are delighted to be part of this annual technology event in Kuwait, especially that it is held under the patronage of His Highness the Prime Minister Sheikh Jaber Mubarak Al-Hamad AL-Sabah. Symantec helps governments, businesses, and individuals safeguard their IT investments against the increasingly malicious cyber threats. "Through the ambitious organizational efforts of CAIT and NoufEXPO, EGOV has become a must-attend technology event for every global technology vendor," said Gordon Love, Vice President Emerging Markets at Symantec.

Gordon continued to say, "the technological advancements we are witnessing today, both on a global and regional level, are nothing short of impressive, and they continue to surpass what we thought we would be able to achieve by this millenia. In fact, IT spending in the Middle East is set to reach \$212.9 billion in 2016, a 37 per cent increase from the previous year. Closer to home, we've seen Kuwait making considerable progress in becoming an emerging technology and innovation hub in the region. The government has done an excellent job in responding to the society's level of tech savviness and demand for streamlined services, by implementing projects that have improved government processes vastly through its E-government services."



Gordon Love

Kuwait is becoming an emerging technology and innovation hub in the region. This means that Kuwait is also becoming a more attractive target for threats



Gordon added, "innovation has become an unstoppable force from which we are feeding, and in the coming decade or so, the internet will likely dictate the way in which we live our lives. Every innovation carries intended and unintended consequences. According to Symantec's ISTR 2016 report, the world bought more than 1.4 billion smartphones in 2015. What we now call the Internet of Things (IoT), will soon become the Internet of Everything. In addition, in the next few years there will be more connected devices than people in the world, and what a momentous time in history that will be! Uses of IoT that were previously impractical will increasingly become more practical, although the problem with that type of vigorous innovation is that most of these IoT devices will lack stringent security measures and will become a deliberate risk."

The Vice President Emerging Markets at Symantec commented, "the materialization of the IoT is accompanied with the emergence of

added internet-connected devices and the integration of various industries, such as education, health, finance, insurance, and real-estate. While that may be conducive to our highly connected world, it also puts these industries at greater risk of being hacked. By connecting everything, we have given cybercriminals leverage to attack not only one, but all aspects of our society. The role that society will play in this digital revolution is unquestionably understated. Moreover, the Middle East's geopolitical position and importance to the world economy through trade, tourism and oil and gas resources have made the region highly vulnerable to a high volume of IT security attacks and in turn, triggered rapid growth in its IT security market.

Commenting on Kuwait's IT security challenges, Gordon said, "Kuwait's 2016 Internet Security Threat Profile has jumped from a global rank of 70th in 2014 to 61st in 2015, indicating a higher global percentage of security threats, including malicious code, spam, phishing hosts, web and network attacks, and bots from the country. Bucking the global downward trend, Kuwait also experienced more bots with its global rank changing 15 spots from rank 50th in 2014 to 35th in 2015. A bot is a type of malware that allows an attacker to take control over an affected computer. This means that Kuwait is becoming a more attractive target for threats. As the country continues to work towards becoming a leading global hub for technology advancements, this puts nu-

merous organizations at risk should they choose not to upgrade security measures. One of the key challenges for these organizations is the rising complexity of cyberattacks, which is partially driven by the increasing penetration of smartphones and tablets and the shift towards cloud computing."

Mr. Love added, "moving forward, IT will transition from having technical purpose to having societal purpose. By that token, innovation must veer away from fast-paced modernization and towards addressing the needs of our society and how to protect our businesses. As innovation pushes technology further, legacy devices are no longer able to hold enhanced security measures. The security industry must commit to integrate the advancements generated by innovation by building security into devices and networks. If these measures are not taken, cybercriminals are given easy access into businesses and consumers lives."

Gordon concluded his statement by saying, "as the world's leading cyber security company, Symantec's role within these technological advancements is to remain a pillar of vigor, aiming to continuously pursue and patch up whatever dysfunctions are found in these advancements. Our innovation branches out of accurately utilizing our extensive assets to find solutions, where other companies cannot. Helping our customers tackle their biggest security challenges remains a priority in our mission to secure and support upcoming technology hubs like Kuwait."