

#PSYCHOLOGY

Home Strife as 'Mood Repair'

Our experiences in our home lives are deeply connected to how we think, feel, and behave at work.



While it's not ideal, experiencing some unpleasantness with your partner in the morning can lead to some productive coping mechanisms during the workday, research indicates.

Having a rude encounter with your spouse or partner at home may seem like the first ingredient in the recipe for a bad day at work. But according to researchers at the University of Arizona Eller College of Management, employees may be more likely to connect with their colleagues and be more helpful at work after experiencing minor incivility at home.

It's a practice that researchers call 'mood repair.' Essentially, when someone's day gets off to a bad start at home, they might try to make themselves feel better by being of service to their co-workers later in the day. A study in the *Journal of Applied Psychology* examines the phenomenon.

"Our experiences in our home lives are deeply connected to how we think, feel, and behave at work," says lead author Mahira Ganster, a doctoral degree candidate in Management and Organizations. "Anything, from making a rude comment while brewing coffee to ignoring one's spouse while getting ready for the day, leads employees to have to process and cope with those experiences while at work."

Ganster, along with professor of Management and Organizations, Allison Gabriel, and collaborators, tracked 92 couples for 10 working days. One member of each couple was designated as 'employee' and the other as 'partner,' such as a spouse, fiancé, or long-term romantic partner. The partner documented each morning how they treated the employee before work. Later, in the workday, the employees rated areas including how fatigued they felt, the degree to which they were in a negative mood, and how much they helped other people at work.

"What we saw was that employees engaged in 'mood repair,' that negative mood made individuals more likely to help co-workers with personal problems or their work," Gabriel says. "They were trying to repair the bad mood that



The sunlight streams through the crack in the curtains, casting a pale, reluctant glow on the faded photograph in my hand. It's an image of my grandmother, standing resolutely at the edge of what used to be her village square. She was young then, no older than twenty, but her face bore the strain of a lifetime. Behind her, the shadow of a German flag fluttered in the wind, its iron insignia, a chilling reminder of the world that might have been.

In this alternate past, where Nazi Germany triumphed, everything feels clogged in a muted gray. Freedom, of thought, of movement, of expression, is a distant memory, locked away in the hearts of those who lived in a different time. This is the world I grew up in, one where the weight of history and the burden of silence press heavily on every moment.

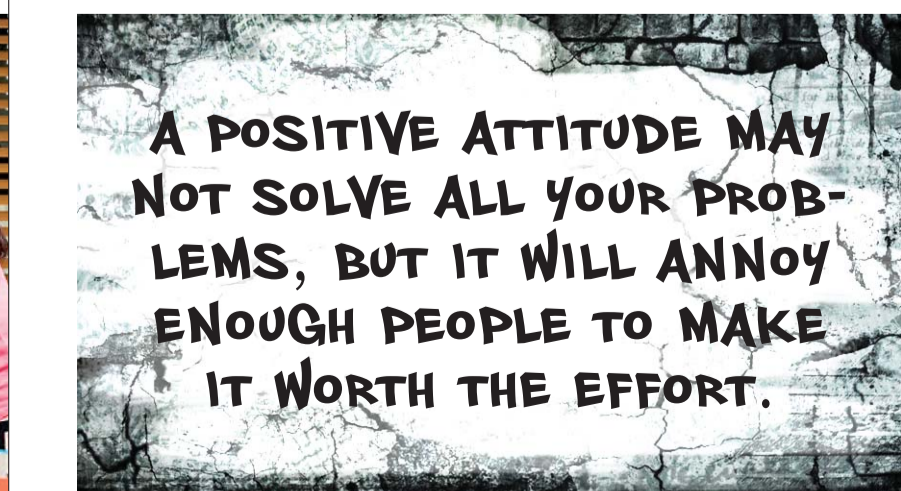
The Forgotten Resistance
My grandmother often spoke of her rebellious spirit, even in the suffocating embrace of the Reich. She once shared a story that has lingered with me, seared into my heart like a scar. "It was 1947," she began, her voice trembling but her gaze defiant. "We'd heard whispers that the Germans had officially annexed the entirety of Europe. Your great-grandfather refused to bow to them. He hid books, banned books, in a hollow behind the fireplace, volumes by forbidden authors, poetry that spoke of freedom. We called it the library of whispers."

But whispers, as she explained, could still echo. A "So, employees, looking to cope through helping, should look for opportunities to help that foster greater social connections, rather than take on additional work tasks," Ganster says. "Anything, from making a rude comment while brewing coffee to ignoring one's spouse while getting ready for the day, leads employees to have to process and cope with those experiences while at work."

"We are certainly not saying that it's a good thing to be treated uncivilly by your partner because you're going to go to work and be a good citizen," Gabriel says. "But it does illustrate a possible adaptive coping mechanism that people can use, when they start their workday on the wrong foot." The team says that there are lessons to be learned from the research, for both employees and managers.

The researchers suggest that workers can reduce the effects of an unpleasant morning by engaging in perspective-taking, or trying to see things from others' point of view. Ganster says that employees, who reported higher levels of perspective-taking, tended to experience less of a negative impact at work. For employers, empathy is key.

THE WALL



What if Germany had won the Second World War?

What if Germany had won the Second World War? What would the world have been like? Thank heavens that it never happened, but for an instance, let us explore a haunting alternate history where Nazi Germany's victory reshaped the world, freedom lost, cultures erased, and resistance carried in whispers across generations.

#NO REGRETS



Germany's domination created a single, suffocating entity, where borders existed only to delineate administrative zones. In school, we were taught his-

tority rewritten. We memorized the names of battles won by the Axis, celebrated the so-called 'unification' of Europe under German rule, and sang anthems that glorified the Reich. Questions were forbidden, curiosity discouraged. Yet, even as a child, I felt the undercurrent of dissent in the hushed tones of adults. They carried stories of a different world, a better world, one where hope still flickered. I remember a teacher who dared to deviate from the curriculum. She read us poetry, not the sanctioned verses of German triumph, but soft, mournful stanzas about the fragility of human connection. It was dangerous, what she did. She knew the risks, and one day she didn't come back. Her classroom was emptied of books, her name erased from the school records. But I remember her words, whispered to me, before she left. "They can't erase what lives in your heart. Keep it there, safe."

The Silent Losses
There were no grand wars after Germany's victory, only silent suf-

fering. The stories of those who resisted, the love of those who fought for a better tomorrow, are whispered in secret like the books my great-grandfather hid. The air feels heavy with what has been lost. How many inventions, ideas, and dreams have been crushed!

A Glimpse of What Might Have Been
Sometimes, in the quiet of the night, I imagine what life might have been if the Allies had won, if hope had prevailed, instead of fear. Would my grandmother have seen her husband again? Would I have grown up speaking my mother tongue without fear? Would there be laughter in the streets and music in the squares, instead of the eerie silence that now fills them?

The Weight of Memory
History, they say, is written by the victors. But memory belongs to the people. It is in the songs we hum, the stories we tell, the love we carry. It is in the wildflowers that grow in defiance of a conquered world.

The Small Acts of Defiance
Grandmother passed away years ago, but her defiance lives on. I keep her stories alive, retelling them to my children in hushed tones, just as she did with me. We don't have monuments or history books to remind us of the world that could have been. Instead, we have memories, fading, fragile, but fiercely preserved.

Why we fail to stick to New Year's resolutions?
The desire to change is strong at the beginning of the New Year, but if we have set mighty goals, this want is likely to fizzle out as time passes. Several factors, including distractions, prevent us from achieving our New Year's promises. Scientists from the University of Michigan blame people's inability to distinguish between willpower and self-control for failure to keep up with their New Year's goals.

Why we fail to stick to New Year's resolutions?
Self-control is about making changes to your behaviour to fulfil your ambition, while willpower is described as resisting "short-term temptations in order to meet long-term goals." If a social scientist told his patients to exercise self-control to avoid sweets, they would think he meant resisting the immediate craving to eat a freshly baked cookie. They would not think that he meant

where the wildflowers still grow. I sit on the mossy ground and let the wind carry her words to me. "The flowers are free," I tell myself. "And so are we, in the ways that matter most."

There are other acts of defiance too, small but significant. A shared glance between strangers, a piece of forbidden music played softly in the safety of one's home, a story whispered to a child at bedtime. These moments, though fleeting, remind us of what we are fighting to preserve.

Why we fail to stick to New Year's resolutions?
The New Year gives us an opportunity to turn a new leaf and start afresh. Many of us reflect on the year that passed and the New Year, offering us a chance to improve our lives. Jennifer Kowalski, a licensed professional Counsellor, told *Verywell Mind*, "A new year represents a fresh start, and people need something to signal a moment to refresh." She added, "When something comes to an end, it's an opening to a new beginning."

Why we fail to stick to New Year's resolutions?
The New Year serves as a cyclical marker of time during which we re-evaluate and take inventory of our lives," says Clinical Psychologist Sabrina Romanoff. "The drive for making resolutions is motivated by this punctuation in time, activates hope and expectations for what we hope to achieve, going forward."

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Energy Saving Week (Mon, Jan 20th, 2025 - Sun, Jan 26th, 2025)

Energy Saving Week arrives annually, dedicating a few days to increase awareness of energy use. It also challenges everyone to take small actions to improve personal energy efficiency, thus playing a crucial role in making a healthier planet. As the world wrestles with the challenges resulting from climate change and rising energy costs, the significance of energy conservation is more important than ever. Adopting eco-friendly habits illuminates a path to sustainability, reducing environmental impact for future generations.



#COMMITMENT

Why do we fail at keeping our New Year's resolutions?

Many of us set New Year's resolutions as January 1 approached. However, over 90 per cent of people fail at the goals they made at the beginning of the year. Here's why!

As we entered New Year, once again, we vowed to follow the resolutions we made for 2025. Whether it is getting healthy, saving money, travelling more or changing your job, making New Year's resolutions is a part of the celebrations for many.

While the start is full of energy and enthusiasm, most of us give up on those resolutions as the year progresses. Over 90 per cent of people abandon their New Year's goals, with 23 per cent failing in the first week of January itself.

But why does this happen? We will explain.

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taking the long route home to avoid driving past the bakery," Chandra Sripada, a Psychiatric Neuroscientist and Philosopher at the University of Michigan told *Indy100*. "You have to communicate with people using a familiar vocabulary." Setting too lofty goals is also a recipe for failure. Imagine that you do not exercise at all and suddenly you decide to go to the gym every day. There is a high chance that you will give up in a few weeks, if not days.

"Where we go wrong with New Year's resolutions is there's this idea that it's supposed to be some big, sweeping change because that sounds kind of sexy," Terri Bly of Ellie Mental Health in Minnesota's Mendota Heights told *Verywell Mind*. "But as humans, we're not wired to make big, sweeping changes." Change is hard and we are

designed to resist it. Breaking old patterns and habits is hard. When we make resolutions, we are not focusing on why we are setting that goal. If we figure that out, it might be easier to achieve it. "Usually New Year's resolutions are optional things, and so, if we hate doing it, any goal we set is just pain, and if we're not really sure what the reward is going to be, we're not going to do it," Bly said to *Verywell Mind*.

What can be done?
Changes can feel less daunting if we stick to them. Going to the gym is an overwhelming change but if you are prepared for it, by making incremental shifts, you will be able to take action. It is better not to have too much on your plate. You should aim for a goal that you 90 per cent believe you can achieve. It is better than picking a number of resolutions that you will end up ditching. Pick up behavioural goals that you can control, such as instead of committing to 'stop feeling stressed,' you decide to meditate daily for a few minutes. Numbers can also help us in following our pledges. Instead of resolving to exercise every day, we can set goals of 'walk 10,000 steps a day' and so on. Choose a personal trainer who will charge a cancellation fee, if you don't show up. You don't have to necessarily give up on your New Year's resolutions. Just set attainable, small goals, and you are good to go.

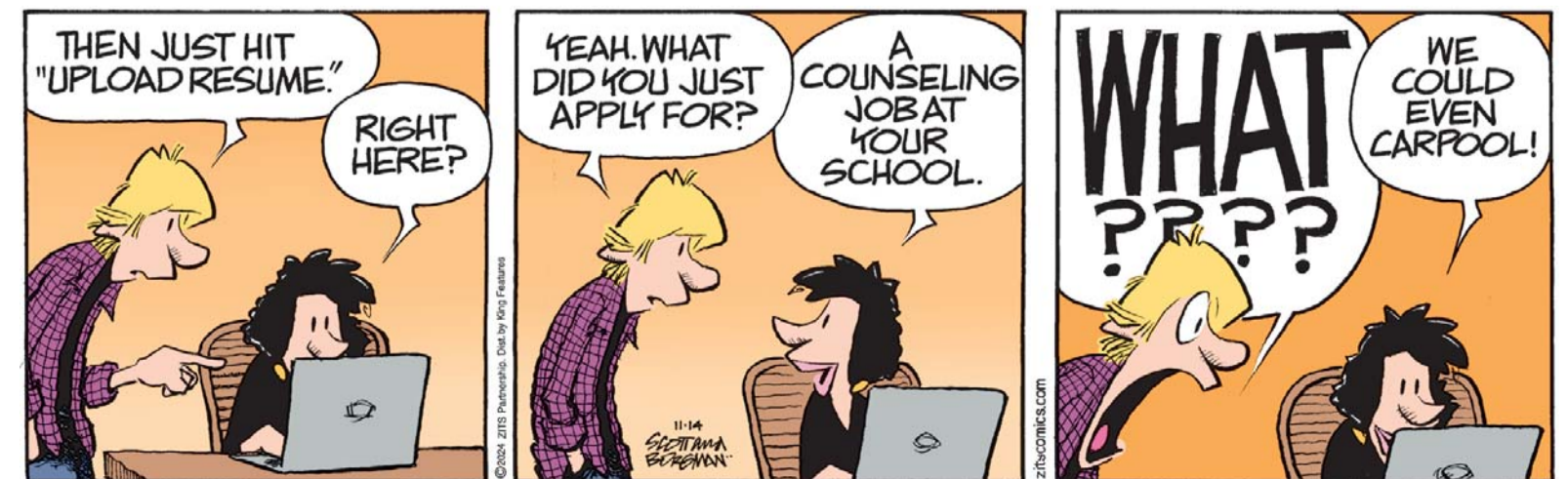


By Rick Kirkman & Jerry Scott

BABY BLUES



ZITS



By Jerry Scott & Jim Borgman

