

“Psychology made Simple” By: Ângela Rodrigues

THE FEAR EFFECT

Fear is an emotion with positive and negative effects on people's life. It all depends on the intensity and the way we manage this fear.

Fear is what motivates us to be careful when we cross the street or when we approach the fire or any other object that can hurt us. This kind of fear is positive because functions as an alert, saying to us that the danger is near and that we need to prepare to deal with it, either with a more focused attention or remoteness from what can hurt us.

Who does not feel this kind of fear will have a lot of problems, for sure.

But there's another kind of fear. The one that can block our life or produce the psychological illness.

The origin of fear is in what we think.

When we think that something can threaten our life or safety, we feel fear. The thought stimulates the brain to produce, involuntarily, chemicals that provoke physical reactions that we identify as fear. The heart beats faster, the breathing accelerates, the muscles contract, etc.

Fear has several levels of intensity and the human body reacts to that intensity. It can be a slight insecurity, anguish or a total dread.

Often, fear comes from illogical or no truth basis thoughts, as the case of popular beliefs or stories told by others. This fear may be blocking our lives' process because impedes us from making important and necessary decisions.

When fear has a big intensity and affects the physical, social and psychological person's life that person can become sick. We can say that she suffers from a phobia, which is pathological fear.

Many of these problems can be avoided and taking care if we learn to think what is right; if we substitute the wrong thoughts for the true ones.

Do not live blocked by fear!

Look for help!

By: Ângela Rodrigues

Counsellor

From APPCP (Portuguese Association of Person-Centered Psychotherapy and Counselling) association that is a "Full Member" of European Association for Counselling

Master in Helping Relationship and Therapeutic Intervention.

From UAL (Universidade Autônoma de Lisboa), the oldest Private University of Portugal

Contact: **78073834** or **rodriangie2@gmail.com**



From Wit's Dictionary

Freeway A place where drivers under 25 do over 90 and drivers over 90 do under 25.

Anon

SCIENCE - NATURE

Identity of famous baby dinosaur fossil revealed The fossil of a baby dinosaur discovered in China more than 25 years ago has formally been identified as a new species of feathered dinosaur. The hatchling, dubbed Baby Louie, was found within a nest of dinosaur eggs. Palaeontologists have called it Beibeilong sinensis, which translates to "Chinese baby dragon". They say it is the first known specimen of a gigantic bird-like dinosaur belonging to the group known as oviraptorosaurs. Although the fossil of the infant dinosaur is small, it would have grown into an adult weighing more than 1,000kg. The discovery of dinosaur eggs in



China, South Korea, Mongolia and North America suggests Beibeilong may have been common around 100 million years ago, say the researchers. "The geographical distribution and abundant occurrences of Macroelongatoolithus egg remains reveal that giant oviraptorosaurs were relatively widespread and perhaps even common in the early part of the Late Cretaceous, even though their skeletal remains are scarce and have yet to be identified in many regions," they write in **Nature Communications**. In the late 1980s and early 1990s, thousands of dinosaur eggs were collected from rocks of Henan, China, by local farmers. Some were illegally exported, including the specimen, which ended up in the US. The skeleton of the infant dinosaur caused a stir and was known as "Baby Louie" after the man who photographed it for the cover of a magazine. The fossil was returned to China in 2013, where it has now been formally identified. Scientists in China and Canada compared the fossil to previously described dinosaur species and determined that it is a new species. Commenting on the research, Dr Steve Brusatte of the University of Edinburgh said the eggs give us a glimpse of how some of the biggest, weirdest dinosaurs reproduced. "It stretches the mind to imagine these wee little embryos growing into a one-ton feather-covered dinosaur that would have looked quite a bit like Big Bird," he said. "And they were weird - with feathers and beaks, but no teeth." The baby dinosaur is only about the size of a guinea pig. However, a previous study estimated that dinosaurs from such eggs could grow into gigantic adults weighing more than 1,000kg. The eggs found alongside the fossil are of the largest known type of dinosaur egg. These are common in the fossil record, suggesting that large oviraptorosaurs had a large range during Cretaceous times. *BBC*

From Wit's Dictionary

Road Map A large piece of paper that tells you everything you need to know except how to fold it up again.

Anon

CROSSWORD

Across: 1. Obstacle 7. Cause 8. Extricate 9. Rat 10. Trim 11. Zealot 13. Dagger 14. Prison 17. Formic 18. Isis 20. All 22. Impulsion 23. Elgin 24. Prudence **Down:** 1. Overt 2. Sitting 3. Arid 4. Leader 5. Quart 6. Mention 7. Cellars 12. Refrain 13. Dreaded 15. Session 16. Simper 17. Flogs 19. Sense 21. Plod

SUDOKU

3	9	5	2	1	6	7	4	8
8	4	7	9	3	5	1	6	2
1	6	2	8	4	7	9	3	5
4	3	9	1	5	8	2	7	6
6	2	8	3	7	9	4	5	1
7	5	1	6	2	4	3	8	9
9	7	3	5	6	2	8	1	4
5	8	4	7	9	1	6	2	3
2	1	6	4	8	3	5	9	7

KAKURO

	4	1	2		9	6	4	8			
5	9	3	1		3	7	2	5	6		
9	7	6		3	2	1	8		9	8	
7	1	8	6		4	8	9		7	9	
8	6		1	8		2	4	7			
		1	2	7	3			6	3	2	
3	6	9		9	7	6			2	1	4
1	2	5			9	5	4	3			
	6	1	2			9	5		1	6	
1	3		5	4	9		1	3	4	9	
2	1		9	7	8	5		1	2	5	
4	2	1	6	3		1	6	2	3		
5	2	3	1			2	1	5			

The Da Vinci Book Quizzes:
B. His friend
Francesco Melzi

The Rock Pop Trivia Book Quiz:

28. Definitely Maybe
29. Death Row Records
30. Sonia (also recorded by Kylie Minogue)
31. Candy Flip
32. 'The Most Beautiful Girl In The World' (1994)
33. Bob Dylan
34. 1993 (March)

CODE CRACKERS

B	I	V	S	A	C	I	L							
R	E	G	R	E	T	T	E	D	A	N	N	O	Y	
A	U	R	Y	J	M	V	R							
C	R	A	Z	Y	E	Q	U	I	P	E	Y	E		
E	N				S									
W	A	R	M		D	E	T	R	A	C	T	E	D	
F		A		A		L	E							
U	S	U	R	P	E	D		G	R	I	D	D	L	E
S	M	L			A	K								
S	U	B	V	E	R	T	E	D		E	A	C	H	
	R				W					L	J			
F	O	E		W	E	I	R	D		W	A	I	V	E
U	L		A		T		I			A	M			
S	A	L	O	N		C	O	M	P	L	I	A	N	T
E	A		T		H	E	K			X	Y			

W C X A H L M B I R S N Z
E P T G V K F D J O Y Q U

SUPER SUDOKU

5	6	9	1	3	8	2	7	4
7	2	8	6	9	4	5	3	1
4	1	3	5	7	2	6	8	9
8	3	2	9	4	1	7	6	5
6	5	1	3	2	7	9	4	8
9	7	4	8	6	5	1	2	3
3	4	6	2	1	9	8	5	7
1	8	7	4	5	6	3	9	2
2	9	5	7	8	3	4	1	6

PUZZLER

1. Lead, 2. Club, 3. Spin, 4. Pain, 5. Snap, 6. Head. **Mystery word:** Alpine

Surgeon

From Wit's Dictionary
A plumber who works standing up.

Orig



JBL ELECTRICAL
Budget price Electrical Work at
*** AUSTRALIAN STANDARDS**

Trained for 7, Half Years by Australian Electrician.

email: **jbl.electrical@live.com**
jbloro.electrical@gmail.com
phone: **7726 4000 / 7732 0174**

Comoro, Kampung Merdeka, Dili, Timor Leste