Abu Dhabi Insurance Brokers | أبو ظبي لوساطة التأمين

IT'S TIME TO EXPECT MORE

# APRIL 2023 NEWSLETTER

April Fool's Day, observed on April 1 every year, first appeared in France in 1582 according to some historians. It is the year when the country transitioned from using the Julian to the Gregorian calendars, as the Council of Trent had mandated in 1563. The spring equinox, which occurred around April 1, marked the start of the new year in both the Julian and Hindu calendars.

Those who celebrated the new year during the final week of March to April 1 were labeled "April fools" because they were slow to catch on to the change or didn't understand that it had been shifted to January 1.

In modern times, people have gone to great lengths to create outrageous fictional claims to fool others!

## APRIL 2 – WORLD AUTISM AWARENESS DAY

Autism spectrum disorder is a neurological abnormality that affects how a person perceives and interacts with others, which can lead to issues with social interaction and communication. Limited and recurring behavioral patterns are another feature of the illness. With autism spectrum disorder, the word "spectrum" refers to the broad spectrum of symptoms and severity.

On Sunday, April 2, a virtual event will be held to commemorate World Autism Awareness Day this year. It was planned in close cooperation with autistic people, and will feature autistic people from all over the world talking about how the changing narrative surrounding neurodiversity may be continued in order to remove obstacles and enhance the quality of life.

### 10 GREAT THINGS PEOPLE WITH AUTISM CAN ADD TO SOCIETY

01 They have sensory sensitivities.

02 They are independently minded.

03 They can be hyper-focused, careful and meticulous.

04 They are honest.

05 They don't like noise and bustle and busyness.

06 They can concentrate on a single thing of interest for far longer than most.

07 They don't judge people.

08 They are passionate about things.

09 They don't give up easily.

10 They think differently.

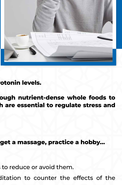
## APRIL 7 – WORLD HEALTH DAY

World Health Day is a global celebration of health awareness and advocacy, sponsored by the World Health Organization (WHO) since 1950. This date marks the anniversary of the founding of WHO in 1948, aiming to tackle universal health for all people around the globe. A specific health topic of concern is brought to the table each year, and 2023's theme is "Health for all", which envisions that all people have good health for a fulfilling life in a peaceful, prosperous, and sustainable world.

### SOME EVIDENCE-BASED HEALTH AND NUTRITION TIPS

1. Avoid ultra-processed foods containing ingredients significantly modified from their original form.
2. Get enough sleep to avoid driving insulin resistance, appetite hormones disruption, and reduction of physical and mental performance.
3. Stay hydrated to ensure your blood volume is sufficient and your body is functioning optimally.
4. Get moving so you don't miss on the miracles that exercising can do to your body.
5. Avoid smoking to cut the risk of chronic diseases.
6. Avoid stress!

## APRIL 16 – NATIONAL STRESS AWARENESS DAY



A healthy lifestyle requires that you learn how to manage your stress, which can enhance both mental and physical health and prevent the deterioration of existing medical conditions.

Stress can have a variety of physiological effects, such as increased blood pressure, blood sugar, and muscle tension, that can result in conditions including heart disease, diabetes, pain, and infections. Stress can alter the menstrual cycle, sex drive, and fertility by disrupting the hormonal balance and the reproductive system. It can also harm one's cognitive abilities and clarity of thought.

### Managing Stress

- **Get more physical activity to increase your serotonin levels.**
- **Follow a healthy diet and ensure eating enough nutrient-dense whole foods to reduce your risk of nutrients deficiencies (which are essential to regulate stress and mood).**
- **Minimize phone use and screen time.**
- **Practice self-care: light a candle, read a book, get a massage, practice a hobby...**
- **Manage your work stress:**
  - Identify your stress triggers and look for ways to reduce or avoid them.
  - Practice relaxation strategies such as meditation to counter the effects of the fight-or-flight response.
  - Manage your time and prioritize your tasks.
  - Communicate your needs and boundaries to your coworkers and managers.
  - Express gratitude and appreciation for yourself and others.

## A MONTH OF CELEBRATIONS!

**- April 9: Easter 2023**

Easter, also known as Resurrection Sunday or Pascha, is one of the most significant days in the Christian faith because it celebrates the New Testament's account of how Jesus Christ rose from the dead. The first Sunday following the first full moon that comes on or after the vernal equinox, which is often around March 21st, is when Easter is traditionally observed. The New Testament of the Bible narrates the Easter story, including how Jesus Christ was crucified on Good Friday and rose from the dead on Easter Sunday. For Christians, Jesus' resurrection is a symbol of hope and fresh starts.

Traditional practices to celebrate Easter include attending church services, fasting through the Lent period for 40 days leading up to Easter, Easter eggs smashing symbolizing new life and rebirth!

**- Eid Al-Fitr**

Eid al-Fitr is celebrated on the first day of the month of Shawwal of the Islamic calendar, and marks the end of Ramadan, the month of long fasting, and the beginning of a feast that breaks the fast. Eid Al-Fitr is likely to start from Thursday, April 20 to Sunday, April 23, however, the exact days will be confirmed after the sighting of the moon.

Two to three days are dedicated to celebrations for Eid al-Fitr, which include unique morning prayers. "Eid Mubarak," which translates to "Blessed Eid," is used as a greeting, along with formal embraces. At home, sweet meals are made, and youngsters and others in need receive gifts. Muslims are also urged to forgive and seek forgiveness. Countries have different customs to celebrate this religious event.

## APRIL 11 NATIONAL PET DAY

National Pet Day was established in 2006 by animal welfare activist and lifestyle expert Colleen Paige to honor the joy that pets can provide to our lives.

Even though April 11 is National Pet Day, pet owners realize that they celebrate their animal companions every day of the year. The National Institutes of Health (NIH) has collaborated on studies to identify the psychological and physical advantages of owning a pet for the past ten years. It turns out that pets not only win our hearts, but they also improve cardiovascular health by lowering blood pressure, cortisol, and cholesterol levels.

## APRIL 22: EARTH DAY

**Earth day is a global event to raise awareness and action for the environment, with a specific theme each year. "Invest in our planet" is the central theme for this year, which encourages us to come and work together to build a prosperous life by green prosperity.**

### How To Encourage Green Prosperity

- **Reduce Plastic Consumption:** Replace single use plastic bottles, use recyclable plastic bags
- **Recycle!**
- **Plant A Tree**
- **Save Water:** Shorten your showers, close the taps when brushing your teeth, reduce the water flow
- **Save Electricity:** Replace your bulbs with LED bulbs, which use 90% less energy than incandescent ones
- **Move In A Sustainable Way:** Choose public transportation, carpooling, move by bike to reduce the carbon footprint