

Legal Eagle

'Expats must respect law of the land'

Serving people gives me a sense of self worth: Faris

By Valiya S. Sajjad
Arab Times Staff

Faris is a legal consultant under attorney Abu Ishaq and has more than a decade's experience in Kuwait.

He is specialized in civil law, graduating from Bombay, where he worked for six years at district level courts before coming to Kuwait.

Faris handles a variety of cases like accident compensation cases, family matters, labor affairs, rent problems

and criminal cases. His most interesting case to date has been a work-injury claim for a client who lost his hand when a load from a crane came crashing on him. The company was reluctant to pay him the due compensation, but the court overthrew the company's arguments and decided in favor of his client.

Documents

Faris feels it is very important to listen to the clients and read all the documents provided by them. "We never

know where a legal point that's crucial to the case could be hiding."

Faris keeps himself busy tendering legal advice to members of his community even outside his professional orbit, more as a service. "I draw immense satisfaction from serving the people, and it gives me a sense of self worth."

Faris has a couple of important advice for the expatriates from the insights he gained through his constant associations with them in Kuwait. People must respect the law

of the land, which he says is a fundamental requirement. "We may have different laws in countries where we come from, but that's immaterial here."

Faris says that people should follow all the rules pertaining to residence. "Make sure that you renew your visas in time, and don't overstay your residence. We must appreciate that these rules eventually help us, because when illegal immigrants are weeded out, the society becomes safer and free of conflicts to live in."

Experience

From Faris' experience, he has come to realize that 90 percent of the employees of any company are prone to complain and are unhappy with their superiors. "This is a general trend all over the world. We must realize that it's human nature to feel this way, and it doesn't mean that there's anything really wrong with the companies. So, learn to look at the positives in any work environment, and be happy in life."

Asked about employees being

forced to sign blank documents, in the wake of a recent worker agitation in a company allegedly violating employee rights, including signing of blank documents to which the company responded saying signing of blank documents was next to useless as forensic tests will give it away, Faris put the lie to the claim. "Companies in Kuwait still indulge in such malpractices, and documents irrespective of whether they were signed blank or after the texts were put in are valid in a court of law."



Photo courtesy of 'Failaka Island: The Ikaros of the Arabian Gulf' book by Jehan Sayid Rajab
At low tide a fisherman enters the fish trap and with the help of a hand net scoops the trapped fish from the shallow water inside 'al Hadhrah.' The catch is usually plentiful. In the past these fish traps were made from reeds but now metal nettings, which lasts longer, is used.

View public speaking as a challenge than a threat

Learn to conquer your PSA

By Resha Erheim

Special to the Arab Times

I'm standing in front of the podium holding on to it to steady my trembling hands, my heart is pounding loud and fast in my chest. Feeling faint I clear my throat, wishing my mouth wasn't so dry! I sense my whole body is tense and I'm scared others will notice I'm nervous and I will end up making a fool out of myself. I wish that everyone would just stop looking at me! But didn't they come here to hear me talk?! I close my eyes briefly as I take a deep breath and begin to speak.

Does this experience seem familiar to you? You may have experienced a similar situation when you had to give a talk, a presentation or performance in front of an audience. The symptoms described above are among several experienced by people who have public speaking anxiety or "stage fright". This specific incident occurring several years ago is when I first noticed I had a fear of public speaking.

Counselor

In my profession as a counselor, this was rather ironic! I help people with their anxieties, how could I suffer from the same ailment! Public speaking anxiety can affect anyone, whether you're an executive, a teacher, a student, just about anyone from the general population. In fact, it is one of the most commonly reported social fears! According to several surveys, fear of public speaking has been rated even greater than the fear of death! Personally I was able to overcome my public speaking anxiety with continued practice and development. I reached a stage where I feel comfortable enough to give a speech even if I'm not completely at ease. You too can help yourself decrease your public

speaking anxiety! Let first take a closer look at what (Public Speaking Anxiety) PSA.

Understanding public speaking anxiety

Public speaking anxiety, also known as glossophobia (taken from Greek glossa; tongue, and phobos; fear or dread), is the fear or anxiety related to real or anticipated communication from others. Anxiety is your mind and body's natural response to events that are threatening. Signs of public speaking anxiety fall under 4 categories;

Physiological: Pounding heart, blushing, dizziness, sweating, upset stomach, nausea, muscle tension, shaking, dry mouth, rapid breathing.

Emotional: Worrying about becoming anxious and becoming anxious about the anxiety.

Cognitive: Mental blocks, trouble thinking clearly, concentration difficulties, etc.

Behavioral: Muscle twitches, shaky voice, fiddling with objects, etc.

Sensations

So what do we fear when speaking or performing in Public? PSA involves a fear of the negative evaluation by others (what they think of us) and/or a fear of the physiological sensations of fear (fearing the effects of fear itself!). Most people prone to PSA are ones with a history of anxiety, those having low self confidence, ones with low frustration tolerance, being highly self critical and having extremely high expectations or perfectionists.



Erheim

Managing your PSA

So how do you deal with PSA? The worst thing you can do is trying to avoid or ignore it! Our efforts to resist and remove anxiety cause more problems for us than from the anxiety itself. When you're feeling anxious you get fooled into using recovery methods which actually make your fears stronger and more persistent. The more you fight the PSA, the more it becomes worse and worse.

You will likely never be able to totally avoid public speaking throughout your life. The more you avoid it, the more the fear grows. The more you practice and get experience the more tolerable the anxiety of public speaking becomes. So since you can't always avoid it, you could learn some tips on how to best manage PSA:

- Accept your anxiety: Remember that it is very common to be nervous when speaking before an audience, so be gentle with yourself when you do.
- Cultivate realistic expectations regarding PS: Mistakes will happen, go on.
- Avoid unrealistic comparisons to others: everyone has different skills.
- Prepare/practice: Rehearse your talk few times before friend or alone.
- Reduce stress: The most fearful moment of any presentation is the 1 minute before you start. Visualize a positive outcome and use deep belly breathing to reduce stress and build confidence.
- Pep talk: Have a talk with yourself before your talk, encourage yourself.
- Slow down, calm down: Take a break to collect your thoughts- Pause after making a point. Take a sip of water to give yourself a moment.
- Engage audience: Make eye contact with your audience. Make your talk interactive with questions/participation. Having the group involved also

gives you time to reorganize your thoughts — don't just memorize.

● Don't apologize: For any nervousness or slip, the audience probably never noticed.

● Decatastrophize the dangers of actually being criticized or disapproved of.

● Question the notion that your worth as a person is determined by your performance.

● Clarify to yourself the primary purposes of PS: focus on giving valuable information instead of receiving approval and acceptance.

● Challenge yourself to speak more and have faith you will continue to develop confidence and improve in PS.

Following some of these tips will help ease the anxiety that comes with public speaking. We are not all born naturals at PS. Especially if you an introvert, it is natural that you won't enjoy all attention directed at you. You also don't have to fully get rid of your fear of public speaking in order to be a dynamic and successful speaker. In addition, it would help if you view PS as a challenge rather than a threat. Things may occur that you have no control over and that is alright too. The most important aspect in overcoming PSA is exposure-practice. Remember, there are advantages to public speaking as well!

Resha Erheim, M.Ed. is a bilingual counselor at Fawzia Sultan Rehabilitation Institute. She conducts counseling in both Arabic and English. As a certified Canadian counselor, she works with both adults and children. Please contact her with any questions or concerns at 2572-0338 or r.erheim@fsrikuwait.org. *All correspondence is kept private and confidential.

Alternative Medicine

Choosing right kinds of oils key

Natural fats must for healthy body

By Mia Ponzo

Special to the Arab Times

We keep on hearing debates about which type of diet for weight loss and health is the best. We have talked about this subject many times in the past, but the argument rages on, so we need to bring it up again. Some people promote low fat diets, and some people fight for low carbohydrate diets. Others will promote low calorie diets. No matter what anyone says, and no matter what the science seems to say, people still argue. Low fat proponents don't want to hear anyone talk about low carbohydrate diets.

And low carbohydrate diet proponents will not have anything to do with low fat diets. Then you have people who only care about calories and say that the only way to lose weight is to count every single calorie that you eat, and what type of calories you eat doesn't matter at all. The question still smolders: Which one is the best, or the "right" way?

While there is no 100% "right way" for anyone, there has been a ton of research that has been done on this topic, and some interesting discoveries have been made. So, the hot question is which type of dietary eating program is really the best?

Trends

Before giving you the definitive answer to this question, it is important to make sure everyone understands that, while there are trends, nothing in science is completely black and white. On the issue of which type of weight loss dietary program is "the best", the research, as of right now, is pretty clear. Science, at this time, definitely supports one type of diet over others, but with certain qualifications, which we will go over in the next few weeks.

Before we begin talking about which diet has turned out to be the best so far, we need to go over one interesting discovery. According to the research, low fat diets are not the healthiest way to lose weight. The problem with low fat diets is that people actually need fat to be healthy. Fat is an extremely important factor in our daily dietary lives. The fact is that you can't be 100% healthy without healthful fats in your dietary program. The important factor here is choosing the right kinds of fats. The question of fats is very controversial.

Some experts still promote low fat diets as the healthiest way to lose weight. It is generally true that low fat diets are lower in calories than high fat diets, but that is not a reason to cut fats out entirely (or even drastically). What is does encourage is a careful choice of fats. Since fats have more calories than many other types of foods, you don't want to waste calories on bad ones. The best fats to choose are the natural ones. The

less processed the better.

That means you need to cut out processed vegetable oils, particularly corn oil (and any other mostly genetically modified oils). Also, forget about margarine or any of those fake butter products. Those are probably the worst choices you could possibly make when it comes to fats. Under no circumstances eat artificial butter. There are many different types of products that claim to imitate butter and "be healthier". This couldn't be further from the truth. If you read the ingredients of these products, you will most certainly be horrified.

Chemicals

There is a long, long list of very strange chemicals, in addition to other things that are closer to plastic than fat. If you want the taste of butter, please, please just eat butter. Butter is natural. It is a God-created, and really full of important nutrients. In fact, butter has so many health benefits that you would really be doing yourself a disservice by not eating it every day.

Another form of butter is ghee. Ghee has almost exactly the same benefits as butter, so either one is good to use. Some people prefer ghee for cooking, because it has a slightly higher smoking point. The fact is that butter and ghee are good for us.

There are also other types of fats that are good for us. Some of these fats include olive oil, sesame seed oil, and linseed oil, to name a few. It is important to note, too, that there is one category of fats that, for many years now, the medical community has been dead against. Animal fats have been on the black list of many doctors and dieticians for several years now, even though people have been eating them, with no negative health issues associated with them, for thousands, even millions of years.

The fact is, the correlation between heart disease, high blood pressure, circulatory diseases, and other diseases is not a reality. While there have been studies that show what looks like a correlation, this correlation seems to be based on other factors (such as carbohydrate intake and other factors) and has certainly not been found to be causal (meaning not causing those diseases). Additionally, there are many other studies that clearly show the benefits of eating and cooking with animal fats. So, we need to rethink our facts, and go back to the more natural ways of eating.

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Email me: miaponzo@yahoo.com
Don't forget to visit us at: www.kuwaitliving.com
Check out my health information on: www.squidoo.com/lensmasters/miaponzo

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General

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16-Sept 20, 2012, Joumana Essa

3. Introductory Arabic, evening, (6-week course, 12 hours); KD 40; Monday and Wednesday, 9:00 pm-10:00 pm (after Ramadan 7:30 pm-8:30 pm), Aug 13-Sept 26, Joumana Essa

4. Introductory Arabic, evening, (6-week course, 12 hours-2 hour class); KD 30; Thursday, 8:00 pm-10:00 pm, (after Ramadan 7:00 pm-9:00 pm), Aug 16-Sept 20, Shadi Nahla

5. Level 1, morning, (6-week course, 12 hours-2-hour class); KD 40; Monday and Wednesday, 10:00 am-11:00 am; Aug 13-Sept 26, Samar Essa

6. Level 1, evening, (6-week course, 12 hours); KD 40; Sunday and Tuesday, 8:00 pm-9:00 pm, (after Ramadan 6:00 pm-7:00 pm); Aug 12-Sept 25, Shadi Nahla

7. Level 1, evening, (6-week course, 12 hours-2 hour class); KD 40; Thursday, 8:00 pm-10:00 pm, (after Ramadan 7:00 pm-9:00 pm) Aug 16-Sept 20, Joumana Essa

8. Level 2A, evening, (6-week course, 18 hours); KD 50; Monday and Wednesday, 8:00 pm-9:30 pm, (after Ramadan, 6:00 pm-7:30 pm); Aug 13-

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