

Mind Matters

Anxiety in learning



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I enjoy learning new skills, languages, and taking online classes, among other things. But the moment I consider doing it, I become anxious, and if I do not do, it puts me down. What do you believe is going on with me, and how can I overcome it?

It's normal to feel anxious about learning new things. There are a few reasons why this might be the case:

- Fear of failure is the most common reason for making you anxious from learning something new. You may be afraid of not being good enough, or of making mistakes. Similarly, the fear of the unknown. It can stop you from initiating learning. When you start something new, you don't know what to expect. This uncertainty can be scary. Fear of success is another hindrance that rarely people are aware of. You may be afraid of what success might mean for you, such as taking on new responsibilities or changing your lifestyle. Imposter syndrome is another killer for the process. You may feel like we don't belong in the learning environment, or that you're not smart enough to succeed. You may also struggle with unrealistic expectations of yourselves, and feel like we have to be perfect at everything we do.

Now, there are a few things you can do to overcome it:

- Identify your fears. What are you most afraid of? Once you know what you're afraid of, you can start to challenge those fears.

- Check for the evidences. Keep an eye on yourself. Look at how you're feeling. Check to see if it contains proof from your previous experience. If so, what is the difference you can think of that is different from what you encountered (e.g., you are older now, more knowledgeable, have had more exposure, received more recognition and acknowledgment, and so on) You may have felt a lot of pressure within you during your earlier experiences, which led to your self-judgment. It's easy to lose sight of the circumstance you're in today and the person you've become as a result of your You may have felt a lot of pressure inside your head during your earlier experiences, which led to your self-judgment. It's easy to lose sight of the circumstance you're in today and the person you've become as a result of your experiences in this domain of ideas and feelings but reacting to a comparable circumstance from your biased perspective.

The next easy to help yourself ease the tension is to Set realistic goals. Don't try to do too much too soon. Start with small, achievable goals and gradually work your way up. Finding a supportive community like learning with friends, family, or classmates. Having a support system can make learning more enjoyable and less stressful.

Don't be hard with mistakes. Everyone makes mistakes when they're learning something new. It's part of the process. Treating yourself once you accomplish a new learn, no matter how small, take the time to celebrate. This will help you stay motivated and keep learning.

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(The views and opinions expressed in this article are those of the author and do not necessarily reflect the official policy or position of the Daily Tribune)

Basic food items' prices in local market 'stable'

Traders assure public Bahrain has not experienced drastic price changes amid global inflation concern

● Slight increase in some products not impactful on citizens' income levels

TDT | Manama

Traders unanimously affirm that prices of basic food items in the local market will remain stable and unaffected by concerns of global inflation rates.

They emphasise the fact that there are subsidised basic foods, and over 94 essential commodities VAT exempted, which contributed to maintaining market discipline, ensuring a consistent availability of food products to meet consumer needs.

They stress that addressing price increases should be done through opening new markets and providing consumers with multiple choices for a single product, promoting both purchasing power and price control to counter the high global inflation rates.



Bahrain traders Khalid Al-Ameen, Rashad Zainal and Rida Al-Bustani



In this regard, businessman Khalid Al-Ameen clarified that the private sector in Bahrain is a key and influential partner with the executive authority in achieving the government's goals and development plans. He pointed out that prices of basic food items are stable and experience no changes at all thanks to government policies.

Similarly, Rashad Zainal confirmed that VAT-exempted food products, totaling about 94 food items, have not witnessed any price changes except for a slight

increase in some products due to external factors related to the global market. However, these increases are not considered impactful on citizens' income levels.

Zainal reassured citizens about the stability of prices in the local market, despite increases observed in most countries worldwide. He also commended the role of the Bahrain Chamber in opening more global markets for Bahraini importers and their continuous cooperation with the government to develop strategic plans that

enhance the strategic stockpile of essential food items.

For his part, food merchant Rida Al-Bustani emphasised that prices of subsidised food items in the local market are stable, and any increase is preceded by a comprehensive economic and social study. He clarified that social media rumors are misleading and have no factual basis, cautioning against following such rumors and assuring that the local market's current prices are the most suitable for consumers.

Move to boost private sector salaries hailed

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Representative Basma Mubarak has commended the government's efforts to allocate budgets for bolstering salaries in the private sector.

This move aligns with the vision of His Majesty Hamad bin Isa Al Khalifa for a comprehensive renaissance.

Mubarak highlighted the government's agreements with the legislative authority, which



MP Basma Mubarak

are underpinned by the unwavering support of His Royal Highness Prince Salman bin Hamad, the Crown Prince and Prime Minister.

Addressing citizens' complaints in Sanad

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Engineer Hoda Sultan, the Head of the Public Services and Facilities Committee of the Capital Municipality Council, recently led a visit to various areas in Sanad.

The Chairman of the Council, Engineer Saleh Tarada, and committee members were also present during the visit.

During the visit, Sultan highlighted that the committee first inspected an area near Tariq Sweets on Street 77, where preparations for

rainwater drainage were underway.

Shop owners expressed concerns about the prolonged duration of the project, which had adversely affected purchasing activity. Some businesses were forced to close due to ongoing works.

Sultan further stated that the committee also visited an area in Sanad Complex 745, close to housing homes. The same contractor was working on excavations for the infrastructure to facilitate rainwater drainage.

Bahraini-British ties enhance security and contribute to economic growth

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H.E. Dr. Maryam Al-Dhaen confirmed that the visit of His Royal Highness Prince Edward Duke of Edinburgh is part of the deepening of the established strategic relations that unite the Kingdom of Bahrain and the friendly United Kingdom. The relationship between the two countries is based on the foundations of joint action.

She said that there was a mutual concern to develop Bahraini-British relations in a manner that served common goals and interests and opened wider avenues for cooperation in various fields, particularly the economy. That would enhance the prestige and competitiveness of the Kingdom of Bahrain and place it on the map of attractive investment destinations. She pointed out that economic relations between the Kingdom



MP Maryam Al-Dhaen attending the event at British School of Bahrain

of Bahrain and the United Kingdom were growing steadily.

Dr. Al-Dhaen expressed confidence in the continued growth of bilateral cooperation between the two sides in various areas, particularly those where the visions of the two countries intersected, in order to achieve the common goals of sustainable development, the settlement of conflicts and the establishment

of international peace and security and other humanitarian issues.

On one hand, she noted the importance of exchanging experience and promoting training opportunities between Bahrain and the United Kingdom, particularly in vital sectors such as health, education and other aspects of development. This would effectively transfer ex-

perience, science, knowledge and culture and maximise the use of such resources, especially since Bahrain national cadres have demonstrated their capacity and competence, as well as the availability of the necessary infrastructure to achieve the required growth. It stressed that Bahraini-British relations would have an impact on security by consolidating joint efforts.