

1.How to Survive a Deadly Situation?

In some situations, it seems impossible to escape death. Luckily for us, such terrible accidents don't happen all the time. In fact, most of us will go through life without experiencing a near-death situation. However, should you ever find yourself in one, don't panic! Here are three perilous predicaments and some strategies for surviving them.

The elevator you are riding is falling to its doom and you are trapped inside! What should you do? Some people think jumping will reduce the force of the impact. Others advise bending your knees. In fact, the best approach is to lie flat on your back, as this spreads the force of the landing over a larger area, thus reducing it. This approach has its drawbacks, as it's actually hard to lie down during a fall, but statistically, it's your best shot at avoiding serious injury.

Vehicles are designed to keep you safe, but if the car you are in plunges into deep water, you are in deep trouble. Lesson one: Stay calm! If you lose your head, you'll likely to lose your life. Next, remove your seatbelt and break or open the windows. The car will fill with water, but as it does so, the pressure inside and outside the car will become equal. This makes it much easier for you to open the car door and swim to safety.

There have been several high-profile plane crashes in recent years, but it's still possible to come through one. Seating is important—the farther back you are, the more likely you are to live. In addition, follow the safety procedures that you hear every time you fly. Use the oxygen mask, bend forward in your seat, stay close to the exit, and you may still have a chance to stay alive.

These three situations are the stuff of nightmare, but remember our tips and they might just save your life one day.

2. Test Your Knowledge with Pub Quizzes

It's evening, the pub is crowded, and pens and papers are readied. Someone grabs a microphone and announce it's time for the pub quiz to start. Soon the questions come out in a rapid-fire fashion: what is the name of Saturn's largest moon? When did the first Mickey Mouse movie hit theaters? Who was the tenth president of the US?

Pub quizzes, or trivia nights as they're sometimes known, are quiz games that are held in a pub or bar. Groups of friends form teams, and a quiz master chooses questions. Announcing each set of questions, the quiz master keeps the game moving along in a set of rounds. They will count up the score cards, create bonus questions, and declare the night's winning team. Participants usually pick silly team names to add to the fun, and there's plenty of good-natured ribbing.

The first pub quizzes were played in the UK in the late 1970s after being introduced by Burns & Porter Associates. This British company created the original pub quiz and slowly turned it into a national institution. Soon there were about 10,000 pub quiz teams in the UK that competed weekly at their local watering holes. By 2009, that number had more than doubled, and there were about 2,000 regular pub quiz competitions across the pond in the US.

Winning a pub quiz competition is no easy feat, as it will test you on a variety of topics. You need to be a learned contestant in history, science, pop culture, politics, and more. In this age of cellphones, pub quiz contestants have been known to cheat by looking up a question or two on their cellphones. Still, a good pub quiz should be a hotly contested test of knowledge that will leave even the smartest scratching their heads.

3. Coloring Books: Coloring Your Life with Peace of Mind

At your desk, you open a coloring book and pick up a colored pencil. With small, delicate strokes, you begin to fill in a bird's wing, and the calming effect of leaving color on the page takes over. This tranquil moment of creativity is one of the reasons why coloring books for adults have become so popular. In fact, one such book called *Secret Garden* has sold over 1.4 million copies at home and abroad since 2013. In recent years, coloring books for adults have even topped Amazon bestseller lists.

Though a coloring book for anyone other than a child may surprise some, in reality, coloring books can have several benefits. Regardless of a person's age, coloring can help one think more creatively because it requires an elaborate arrangement of colors to make up an amazing picture. Despite our potential to be creative, our imaginations can be limited by social expectations and daily stresses. Often, we learn to think analytically instead of creatively. However, creativity is important to many of our tasks in daily life, like finding a way to solve a tricky problem at work.

Coloring books can also help people release stress. Experts agree that coloring can be an excellent way to relax. What particularly lures many adults is how people react when they are coloring. They are fully present, mentally absorbed, and totally engaged in what they're doing at the moment, forgetting about their worries. In some cases, coloring books even work as a form of therapy. For those suffering from depression, focusing on a simple activity can be an effective remedy. "Any such activity can improve your mental health," says Dr. Chris Aiken, an expert in psychiatry. With the many positive effects that coloring can offer, why not try coloring outside the lines in a coloring book for adults sometimes?

4. Free Shoes Give New Hope

Shoes are one of those things people take for granted. You put them on when you go out, take them off when you come home, and buy new ones whenever you need or want them. However, in poverty-stricken parts of the world, many people have no shoes and are forced to go barefoot. This can lead to numerous health problems. One of the worst is an infection by chigoe fleas or jiggers—insects that burrow into bare feet and lay eggs.

Thankfully, many charities around the world are doing their utmost to make sure people in poor countries are supplied with shoes. One effort began here in Taiwan. Yang Yu-Jen, an English teacher in Taoyuan, initiated a campaign to collect old shoes to send to Kenya. Yang's endeavors paid off and were successful beyond his wildest dreams. Over 400,000 pairs of secondhand shoes were donated. They were all cleaned, packed, and shipped by volunteers equally willing to help out those in need.

One international company that has the same idea is TOMS. The company's founder was traveling in Argentina when he saw how many people there were without shoes. He set up his company with the business model "Buy One, Give One." This means that for each pair of TOMS shoes bought by consumers, one pair is donated by the company.

While TOMS' strategy has been praised, it has also received some criticism. Some activists feel that simply giving away free stuff does not address the causes of poverty. TOMS listened to its critics, has since opened a shoe factory in Kenya, and plans to build more in other countries. This will create jobs as well as provide shoes, doing twice as much to bring aid and relief to the world's poor and shoeless.