



DISCOVER

Brazil Canada Portugal

Entrepreneurial Women expand their Businesses to International Markets during the Pandemic



TECHNOLOGY

Embracing the Reality of a Virtual World during an Unprecedented Time

EDUCATION

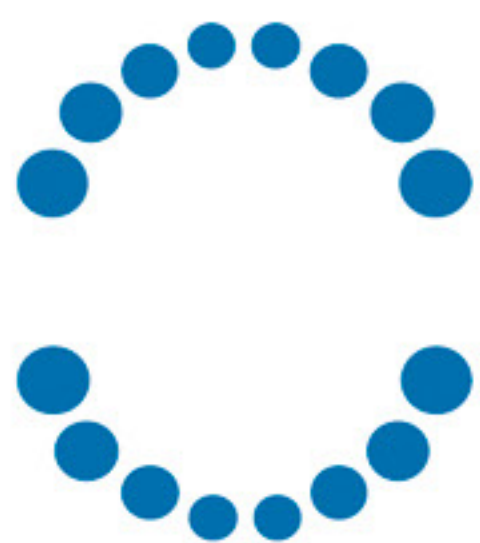
The Relationships between Parents and Children with the Lockdown

BEHAVIOUR

Solidarity: Volunteer Advances in a Virtual Life

HEALTH

Managing Mental Health in a Post-Pandemic World



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A World in Transformation still under the Clutches of the Virus

While we have made great strides in the management and control of Covid-19, with the number of infections in Canada dropping to well under half; our battle against this incessant virus is far from over.

Gradually life outside our four walls is becoming a reality. Restaurants, movie theaters, and other venues that had been shuttered or under restriction, are beginning to open their doors to an eager population.

Given the scenarios dictated by the rules of social isolation, Discover Magazine has witnessed many global transformations.

In this edition, we bring to our readers a story of six Brazilian women who have expanded their businesses to the international market. These are women who have propelled themselves and their digital companies, Self Guru, Lighttouch and ZeoFertil - to success during a global pandemic. Lighttouch, specifically, was supported by a good business relationship between Brazil and Canada.

We also highlight the many changes which have occurred within the home. Parents and children have been experiencing a much closer relationship than ever before by being housebound. Closely monitoring the education of a generation who previously had the flexibility to come and go and then robbed of this freedom by the virus, became and continues to be a challenge for the whole family.

The pandemic has led to an eroding of social relations. We reveal to our readers the amalgamation in the virtual world and the changes created. Studying, working, volunteering, while remaining healthy and emotionally strong, would have been impossible without the support of today's enhanced technology.

For many, the resulting isolation became a devastating reality. According to a study by the Canadian Mental Health Association, about 40 percent of Canadians have experienced a decline in their mental health. Read about personal experiences and how they coped.

These are some of the stories we present to our readers in this edition of Discover Magazine. We hope our next publication will be able to highlight a turning point of the pandemic and leave behind a world that presently finds itself still vulnerable in the face of the invisible and frightening enemy of the Covid-19 virus and its variants.

Let us all do our part and get vaccinated. The vaccine saves lives!



Leila Monteiro Lins,
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Tips from psychologist Valda Lopo for those experiencing mental health issues: “maintain social contacts; avoid drugs and alcohol when dealing with stress; utilize the support of family and friends; take breaks and enjoy more family-time; exercise daily and get a good night’s rest.”

Photo by Emma Simpson | Unsplash

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READERS FEEDBACK

Last year, Discover Magazine adopted a more innovative style by launching its new digital pocket version. Digital media has grown exponentially, increasing the demand for more dynamic and faster connections. Our focus is to deliver quality news and information about Brazil, Canada and Portugal by providing convenient access to all communities. The magazine’s exclusive new format allows our readers to easily connect via their computer, tablet, or smartphone screen, at a speed of one megabyte per second. Here are their comments about Discover’s new format.



Fábio K. Guimarães,
Meditation
Instructor, Brazil

“This mobile version has enabled instant access to future editions.”

I already loved reading the printed version of Discover Magazine, with its youthful approach and delightful articles. Alternately now, this mobile version has enabled instant access to future editions, making it more useful, more practical, and more environmentally friendly, while still providing quality information with care and attention. Congratulations to everyone on the team!



Barbara de la Fuente,
award-winning Actress,
Producer and Writer,
Canada

“The changes have the advantage of (Magazine Discover) being eco-friendly.”

Congratulations to Discover Magazine, on the new pocket version. Your team of professionals continues to innovate and adapt the magazine to changes in the world of journalism. This new format will allow readers to more easily access the magazine’s content. In addition, the changes have the advantage of being eco-friendly.

Once again, congratulations to Leila Monteiro Lins, and her team for continuing to showcase both Brazil, Portugal, and Canada to the world.



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Entrepreneurial Women expand their Businesses into International Markets amidst a Global Pandemic

By Raquel Boechat



The COVID-19 pandemic has resulted in the deaths of over 4.3 million people worldwide, thus far. This has been a persistent battle and continues to have an impact on the global economy. Faced with this devastating reality, you will gain an understanding of Brazilian women entrepreneurs who successfully guided and grew their companies, during the coronavirus epidemic. Despite working in male-dominated industries and being challenged by an economic downturn due to the virus, these women expanded their businesses around the world, focusing on innovation and network expansion.

[FIND OUT MORE](#)

WORKING HARD FOR DAVENPORT



“We said we would have Canadians backs: the federal government will extend business and income support measures through to the fall, including the Canada Rent Subsidy and the Canada Wage Subsidy”

JULIE DZEROWICZ
Member of Parliament for Davenport



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TECHNOLOGY

Embracing the Reality of a Virtual World during an Unprecedented Time

How social confinement contributed to the e-commerce boom and the strengthening of professional, educational, and affective interactions

By Alessandra Cintra

The pandemic has persisted for nearly two years, and during this time a new model has been observed in the framework of the workplace, education, and affective relationships. A new world has emerged, dictated by computer networking, e-commerce, virtual classes, and medical appointments, in addition to work and entertainment. For many, none of this would have been possible this past year if it were not for technology.

The pandemic has demanded that the world, people, and companies adapt and adjust. The economy plummeted, but one area that has benefited from this turmoil, is that of digital retailing, which reached record sales worldwide.

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The Relationship between Parents and Children with the Lockdown

By Jandy Sales

The pandemic has brought the relationship between parents and children closer. The lockdown has made the home, for example, the extension of the school. Parents began monitoring schoolwork with the support of remote learning. This resulted in an arduous undertaking for parents in keeping the minds and bodies of the entire family healthy. Another challenging task has been to explain to children, what is happening in the world outside, during this long period spent within four walls.

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BRAZIL-CANADA GUIDE

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Solidarity: Volunteer Advances in a Virtual Life

Expanding opportunities during and post-pandemic

By Ingrid Coifman

Offering help without expecting anything in return is the essence of volunteering. During the pandemic, this concept has become increasingly relevant, with social confinement becoming a normal part of our lives. Under the acquiescence of the digital age, helping someone without knowing their circumstances is another concept of what it means to be a volunteer – it can also open doors in the business world. Solidarity, knowledge, and learning, make volunteering an opportunity where both sides benefit. A trend that promises to expand after the pandemic.

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BE SMART AND STAY SAFE

Managing Mental Health in a Post-Pandemic World

Learn how techniques & strategies help achieve and maintain mental well-being

By Luís Aparício

The pandemic has lasted almost 2 years and though the number of infections has greatly decreased, the social confinement it has caused, has resulted in a serious and worsening global mental health emergency. The increasing rate of those psychologically affected by the Covid-19 pandemic is of great concern to mental health professionals and threatens the well being of society. Based on an opinion poll conducted last year, 7 out of 10 residents in the province of Ontario, believe there will be a severe mental health crisis due to the pandemic.

An expert from the Canadian Mental Health Association (CMHA), reveals the state of mental health in Ontario. Individuals who have already been affected by depression share their stories. Learn how techniques & strategies help achieve and maintain mental well-being.

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