



Takeaways

A newsletter by RICE



What's on your mind?

Great minds may think alike, but we all have our own unique ways in processing the world around us. That's just how our brains work.

Some of us crave structure, some of us lack structure, some of us revel in chaos—online, many communities have taken it upon themselves to borrow academic terms to determine who is 'neurotypical' and who is 'neurodivergent'.

So, some of us are neurotypical. Some of us are neurodivergent, etc.

All this to say that it plays a part in how we all relate to each other. It's normal to gravitate towards others who share the same interests. It's a shorthand in breaking communication barriers—connecting over what lights up the dopamine in our brains, from stargazing to Star Wars.

Otherwise, engaging with other people can feel difficult. This week, we explore what it means to find and maintain those connections—with likeminded people, with qualified professionals, and, *gasp*, with AI—when we simply want to talk.

*P.S. We've also learnt some of you found your way here through your friends. If you haven't already, **subscribe** to our weekly newsletter today!*

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Simi Tai Chi



Every morning, at Bishan-Ang Mo Kio Park, there's a party where everyone's invited—as long as you know the moves.

Some of us may have parents or grandparents who partake in these sunrise rituals with their friends. For the rest of us who see them on our morning commute, we've had no idea what is going on. At least, until now.

**Inside the Mysterious Morning
Exercise Rituals of Bishan Park's
Elderly Singaporeans**

Real Talk



If you're reading this as someone who's been to therapy before, what was your first time like?

Our writer, Nathan, is part of the generation that's made mental health awareness a commonplace topic. Yet, as we know, awareness is just knowledge. Application is a different ballgame.

Nathan has never been to a therapist before, nor did he seriously consider going to one prior to this assignment. Thankfully, we had our partners in CHAT to provide him this opportunity.

**What It's Like Getting Your
Mental Health Checked
for the First Time**

Surreal Talk



And, let's say if you don't (a) have the money and (b) have the energy to step outside for therapy, what then?

We're not gonna go all tech bro on you and say that AI is here to solve a gap in the mental health market. In fact, our writer Yan Yun came away a little unnerved trying out ChatGPT in place of a real therapist.

What I Learned from Using ChatGPT as a Free Therapist

Short Grains, or *piping-hot topics by the spoonful.*

- Analysts tell *CNA* that the penalties levied by MAS on DBS for the recent outages "won't set the bank back".
- Is the arrest of a 17-year-old Singaporean minor over 1000 contraband cigarette cartons a sign of escalating boldness among local smuggling syndicates? (*via The Straits Times*)

- Adult toy brand Tenga is causing controversy after it was announced they will set up shop at this month's Anime Festival Asia. (via *GamerBraves*)
 - New HDB flats are set to be built on Pearl's Hill for the first time in over 40 years. (via *CNA*)
 - Musician and apparel brand founder Melvin Ong—who, in recent years, became a prominent public face after a stage incident in 2019 turned him paraplegic—has passed away at 32. (via *The Straits Times*)
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Men love to _____ instead of going to therapy, many a people have said. But is it really the solution? And what can it realistically solve?

Does Therapy Actually Work?

We like to go out! We also hate our weather.

But as much as our team is full of contradictions, we simply can't go by our weekend without checking out some things. If you're still deciding on where to go, let us highlight some unmissable events for you:

1. You can pinch and mould to your hearts' desires at the Singapore Clay Festival this weekend.

2. The [Purple Parade](#), happening this Saturday at Suntec City, puts the spotlight on people with disabilities with a day-long celebration.
3. And, just a few buildings away, you can plan your next big holiday at the [Singapore Airlines Time to Fly Travel Fair](#).
4. Dance music collective Strange Weather are throwing a belated Halloween shindig titled '[Kelab Malam: Disintegrasi](#)'.
5. A celebration for sake's sake: head down to [Sake Matsuri](#), where you can have a mid-day tippie at Singapore's largest independent craft sake festival.

Rice Media Pte. Ltd.

27a Ann Siang Road, Singapore 069707, 069707, Singapore

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