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Western Art and Biblical Source of Christian Art

Art history foundation can be traced back to tens of thousands of years when ancient civilizations utilized the available media and techniques to depict culturally significant matter. Western art includes the history of visual art in Europe. Western art history begins with the Italian Renaissance, regarded as the golden age of art and literature. This period replaced unrealistic color palettes and flat compositions of the Dark Ages' paintings with various art techniques that had vibrant colors. Some of the iconic paintings of western art include "The Mona Lisa" by da Vinci and "The Birth of Venus" by Sandro Botticelli. Christian art was relatively scarce until the legalization of Christianity. However, after the collapse of the Roman Empire, Christianity was legally permitted, resulting in an increased need for Christian art. New churches began to be built using the basic Roman Basilica architectural design. Mosaics were used in the interior decoration of new Christian religious buildings. The sarcophagi sculptural decoration became more intricate, often illustrating Bible scenes. The theme of death and resurrection from the Bible is well represented through a series of images of early Christian art. Many of the images that echoed these themes are derived from the Old Testament of the Bible. Some examples include Jonah being swallowed by a great fish and later vomiting after spending three days and nights in the beast's belly. Early Christians used these images in their art as an anticipation of the death and resurrection of Christ. The images of Moses striking the rock, Daniel in the Den of Lions, are also popular in the Christian art of the third century, both on sarcophagi and in paintings. Additionally, early Christian art consisted of representations of Christ. Most of these representations depicted Christ as the true teacher.

Labor Relations Discussion

Working in a technologically connected work environment can be sometimes stressful. However, there are various ways one can manage the job stress of working in such an environment. Time management is one way to manage stress at technologically connected work environment. Time management involves being able to use your time productively and efficiently at work, creating a schedule, and planning time to accomplish goals. For effective time management, you should create a list of daily tasks to be completed, prioritize those tasks, and schedule time to complete those tasks. This will ensure the assigned tasks are timely completed, eliminating work follow-ups by the employer after normally scheduled work hours. Tracking stressors is another way you can manage your work stress. One should identify the situations that create stress at the workplace and how they respond to them. By identifying the stressors, one can correct on the causes and how to respond to stress. Additionally, in a technologically connected environment, one must establish boundaries such as not checking email while at home or picking calls related to work beyond the normally scheduled time. These

boundaries will reduce work-life conflict and reduce work-related stress. Tracking time and determining priorities are ways to capture some private time without making it appear to the employer that they are not motivated to constantly improve their job performance. By tracking time, you will be able to complete the assigned tasks in time, leaving some time for private time where you can relax and take care of your health. This will also ensure there is no conflict with the employer because the assigned tasks have already been completed in time. Determining priorities is another way to find private time. Knowing what to do first is essential for the timely completion of assigned tasks. Starting with the complicated tasks will ensure that one has enough time to indulge in their private life. The employer is supposed to pay for work done beyond the agreed scheduled hours of work. Hence, any work after these hours should be paid as overtime.

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