

How to Not Let the News Get to You

NABIHA NUSAIBA

Day 49 into your quarantine, you settle on your couch with the rest of your family for a slow night in. You're slowly flicking through channels in the dark, taking your time discussing the infection rates.

You reach into the bowl of *chanachur* when your mother nudges your shoulder and eyes your sibling. On the other end of the couch, your sibling's sweaty palms have lost grip of their phone, causing it to fall on the carpet and vibrate happily with notifications of the latest news updates. Staring up at their face, you see them like you've never seen before. Curled up on the sofa, they are clashing their teeth in step with their bloodshot, twitching eyes. Did something break your sibling?

The doctor you called has informed you that your brother has the symptoms of "extreme news intake". In severe cases, news completely obstructs blood flow to the brain, causing insomnia and panic. To stop further spread, she has prescribed the following.

AN APPROPRIATE TIME

The best time to read the news is in the morning, right before you do something engaging. This might help you stop running in circles.

DON'T BITE OFF MORE THAN YOU CAN CHEW

Keeping yourself updated on the news is very crucial. However, rest assured, there is absolutely no need to tie yourself to a chair in front of the television. Read or listen to the news at fixed times, no more than twice daily.

FAKE NEWS

Get your news from trusted news sites. Fake news can leave you confused and afraid. It is always ideal to check WHO guidelines for health and safety measures.

SELF-CARE IS THE BEST CARE

Give yourself time to process your feelings if you come across something that bothers you. Bottling up your feelings does more harm than good. Talk to those who understand you. Meditation is also an excellent way to, first, get in touch with yourself, and then, reality. You owe it to yourself to be stress free now more than ever. Stop engaging with the news at least an hour before you go to bed. Do something relaxing and monotonous instead. How about reading that biography gathering dust on your shelf?

DO YOUR PART

You have more power than you realise. Upset about the lack of medical equipment or food supplies? Donate. Educate those around you on the risks of not social distancing. Stay at home, help flatten the curve, help reduce bad news.

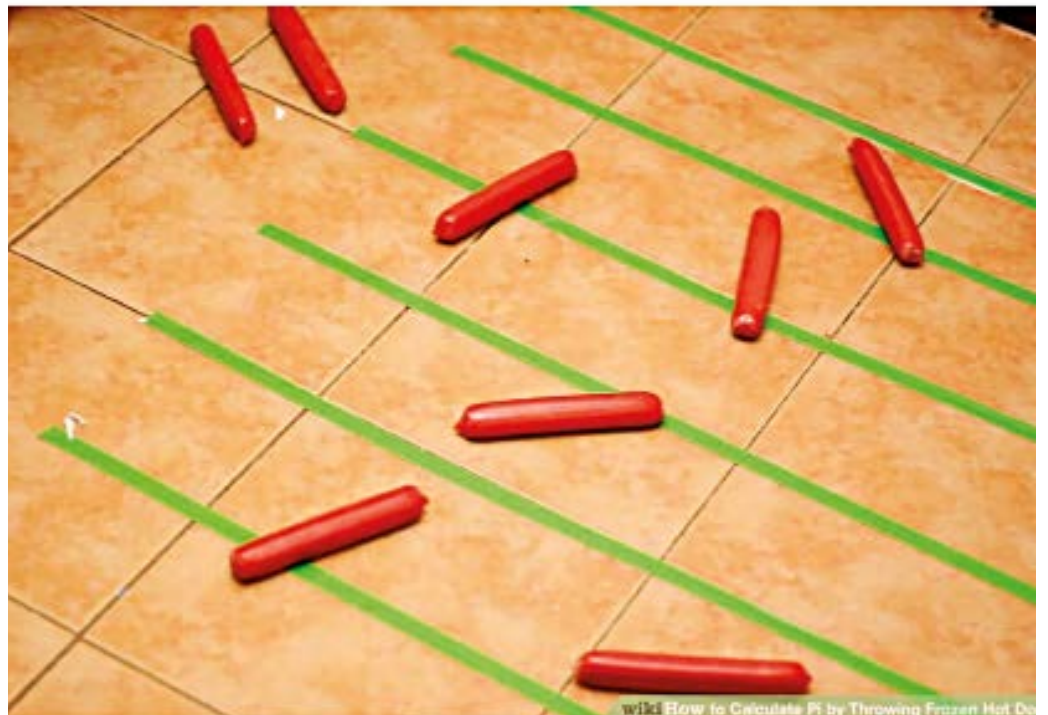
The writer is a few days away from impulsively painting her walls. Help her choose the colours at n.nusaibaah@gmail.com



PHOTO: ORCHID CHAKMA



I am not sure on a whole lot of things, but there is one thing I am sure of, and that is that 'How to calculate pi by throwing frozen hot dogs' is the best wikihow article.



The Wonderful Weirdness of WikiHow

ADHORA AHMED

If the fact ever dawned upon you that you don't know a certain basic life skill, such as how to tie a tie or cook an omelette, you might have visited a certain website called WikiHow. It's a helpful resource when it comes to the most random of life hacks and almost every aspect of the life of a normal human being.

However, in the midst of it all lies a rabbit hole where all the absurdity resides. Because of this, a WikiHow binge can be similar to a YouTube one. You might start with tips on how to clean your bathroom, and before you know it you'll end up initiating black magic rituals on your siblings from another article.

WikiHow demonstrates self-awareness, to some extent, with a sister website called WikiHow Fun, where it provides sincere advice for our hilarious and mischievous ideas. How fun, right? You'll find step-by-step instructions on how to annoy your neighbour or act like an anime character. Yet, the main website takes the cake when it comes to sheer weirdness. The following are some examples.

HOW TO CALCULATE PI BY THROWING FROZEN HOT DOGS

Yes, it's apparently possible. First of all, who on earth would go to this length to learn this mathematical constant? And why learn how to calculate pi when you can just memorise up to two or three decimal places? The only scenario I

can imagine a Math teacher using this method is when the classroom is in a kitchen without any whiteboard nearby.

HOW TO NOT BE A CRY BABY

This guide is tailor made for those children at restaurants who cry and scream for no reason while their parents fail miserably at calming them down. Only if they could read. In all seriousness, this guide can come in handy if you're actually having trouble with emotional outbursts. Check yourself.

HOW TO BE OKAY WITH HAVING A COMMUNIST FRIEND

Who hasn't gone through this? Some people might not know who their true parents are, but every single one of us can name *at least* one communist friend. The one who always carries a copy of *Das Kapital* and knows the lyrics of "The Internationale" by heart – you know who it is. Jokes aside, the main takeaways from this guide can be applied to any friendship with different ideological beliefs or interests. The main goal is tolerance and understanding, two things that will take anyone far in life.

This is just the tip of the iceberg of the silliness that abounds in this corner of the Internet. During these trying times, if you're feeling bored, have a laugh reading some of these. On the upside, you might actually learn something.

Adhora Ahmed daydreams too much. Send her reality checks at adhora.ahmed@gmail.com