

LIFE AS IT IS

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Preparing for the second wave

The lockdown condition of spring and summer seasons was bearable, thanks to long, sunny days and warm weather. However, as I look to the future and think of the cool-cold days ahead, I feel that spending the next six months within four walls could become challenging. I almost want to beg to these sunshine days, "Please stay a bit longer."

America is fearing a second wave of the coronavirus in the fall. Health experts are worried about how dire the situation may look like in the fall and winter, the seasons when the influenza virus also circulates. Second wave or not, my daughter's school is not reopening for in-person classes this year and my husband will continue to work from home until at least the end of 2020.

I am preparing myself for the frigid, housebound days. I am a warm weather person all in all. I like to keep my windows open and let in the fresh air. I love summer mornings when sunshine pours through my east-facing windows. However, as cold days arrive and temperatures begin to dip and sunlight loses its intensity, I can no longer keep my windows open.

Unlike other years, this year, we cannot visit Dhaka or visit our extended family here in the US, or even go on a winter vacation. All of this means that I will have



to do everything in my power to make the winter lockdown bearable.

CLOTHES AND ACCESSORIES

I made a small investment in clothing and accessories in summer. I figured under this long, continuous stay-at-home situation that dressing nice at home lifts my spirits. I have been wearing my "outside" clothes at home since March, mostly the cotton

and linen dresses that I only used to wear outside. I have been also wearing lipstick and light jewellery, mostly necklaces and bracelets, in self-quarantine. They make me happy; they do!

I have already purchased a flannel dress and a pair of comfy sweatpants for the chilly days ahead. To stay cosy in winter, I am going to pair up my new and old sweatpants with light sweaters and cardigans.

NETFLIX AND NOVELS

Because I will be spending very little time outdoors (sad time for a gardener), I want to spend my leisure watching some good shows on Netflix. I want to go back to the shows that I abandoned half-way back in spring, because suddenly, the COVID-19 pandemic became the focus of my attention. I also want to finally start reading the books that have been collecting dust on my shelves.

PERSONAL PROJECTS

I want to create some new and meaningful content for my column, blog, and YouTube channel. I want to sit with paper, brushes and paints and create new artworks to beat the cold weather blues. Winter can be a depressing season for a summer person, so my goal is to ensure I do not fall into a creative rut. If you are getting

bored at home in this lockdown, try to find techniques to rekindle your artistic spark.

FOODS AND DRINKS

Yes, I will be consuming vitamin C to strengthen my immune system, but I might be indulging in some rich and comfort foods and drinks, too. What do I have on my mind? Hot cocoa, dark chocolate, Danish cookies, double-chocolate brownies, fried chicken, mutton biriyani and beef tehari!

MAKE HOME COSY FOR WINTER

Houseplants do not like drafts. My indoor plants need extra care this time of the year, but plants in home boost my mood, so I might bring home one or two new "green friends" in the fall. In the past, lighting fairy string lights and burning spicy, woody, warm-scented candles like rose, sandalwood, vanilla, orange, cinnamon, etc. in the cold season proved to have a relaxing effect on my mind. The flicker of a candle, its aroma and gentle glow create that perfect ambience your mind needs during stressful times. I want to try these time-tested tips again in the fall and winter.

Indeed, you are the best judge of your body and mind, so take control of your well-being, and do your utmost to make these unprecedented times bearable.

#FASHION

The Lingerie Story

In the world of clothing, we often skip a few topics, undergarments being one of them. It used to be mostly related to sensuality before, but today, lingerie stands for something much more. It is not just about how you look in it, but how you feel in it.

So, let's dive into the world of lingerie as we explore what's underneath, all in depth.

In the 19th century, undergarments started to gain a definition as women got more conscious of their body and sensuality. Back then, it only related to sensual aspects as the upper class would make hefty investments on lingerie for special occasions such as weddings and anniversaries. Later on, the idea was taken but reshaped as brands such as Victoria's



Secret mass commoditised the concept. Yet, it was mostly labelled as a sensual amplifier, one could say.

Now, lingerie and fashion has evolved into a stronger bond, as brands such as Fenty by Rihanna has used undergarments as an expression of self-love. In fact, it can transform the way we look and feel about our bodies. But for that, it's important to find the right ones.

Basic undergarments fall under the formal definition of lingerie and a good fit is all you really need. Finding the right size can be critical; know your actual bust and cup size to find out what your accurate size is.

An undergarment is worn all day and should leave no room for discomfort. Make sure they fit right, appear seamless under clothing, and comfortable. After



the three points are checked, explore different materials to find the best one for you. Colours can be tricky; the smart thing to do is to invest in good quality nude shades. One that matches your skin tone will never show through your outfits.

Now that the basics have been covered, let's get into the fancier versions of undergarments — what we know as 'lingerie.' Like we have implied before, they are much more than just underwear. The first thing to keep in mind is to find

one that simply boosts your confidence. In this case, needless to say, it's crucial to find a piece that goes with your body shape and size. Corsets and garter belts suit an hourglass body as they bring all the attention to the cinched waist. A pear-shaped body can be exemplified with a style that's flowy from the hips.

Inverted triangle shaped body looks great in 'bustiers' which accentuates the shoulders and the busts. For rectangular bodies, camis and corsets are best to bring out more shape.

Once you find the right one, look into different materials, styles and designs; lace, satin and furs are forever adored. Whichever makes you feel special is 'the one!'

Lingerie is not just important to look good on the outside, but to feel special on the inside. You see yourself and your body looking amazing; this can instantly make you feel good and confident. As if it sends a reminder to love yourself while increasing body positivity. Of course, you can surprise your partner by decking up in a gorgeous lingerie; but on other days, enjoy a good mood by wearing it for none but yourself. Appreciate yourself and always love your body; let this little piece of fabric remind you to do that every once in a while!

By Zohaina Amreen
Photo: Collected