

A GUIDE TO ENJOYING EARLY MORNINGS

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We all know someone who likes to wake up at the crack of dawn and sing to the birds about the dream they just had. But where do these people come from? Is there a special school where people are trained to be fresh-faced and energetic as soon as the sky starts to pale? Or maybe a secret organization uses special rituals to transform regular mortals into early birds? It may very well be that being a morning person is an inherent quality and it cannot be taught.

Studies have shown that morning people tend to be more successful at their jobs, get better grades, and are generally more proactive. This means half of the problems in many of our lives would be solved if we could just sleep less. But what can you possibly do between 6 and 9 a.m., other than sleep?

STUDY

Everyone has, at least once in their life, heard about how studying early in the morning is extremely effective. After a whole night's rest, your brain is supposedly relaxed and ready to acquire new information. Your terrible grades should be a good enough motivator to get you out of your bed. Plus, there's nothing more enjoyable than trying to memorise the names of the twelve cranial nerves at 6 in the morning. Although, crying about your weak memory and bleak future at 6:15 comes pretty close.

EXERCISE

That's right. Drag your yawning and poorly-co-ordinated self out onto the streets for a jog. Crashing into a car is a real possibility, even though they will be



PHOTO: SAURAV DEY

scarce in the roads, so you could always just use a treadmill at home. Yoga would be a great idea, too. Apparently, there are little distractions so early in the day, apart from your droopy eyes and protesting body. Also, morning workouts are sup-

posed to leave people feeling energized and more focused on the tasks ahead of them. I've always believed that the best start to the day is with muscle cramps reminding you of all the fat you burned in the morning.

ADMIRE NATURE

Imagine this: You wake up with a flutter of your eyelids, greeted by the view of the graying building opposite your window. The soft morning light is dancing across the bird droppings on your window sill. Somewhere nearby, a crow is cawing like it is being tortured by a demonic spirit. Soothing, isn't it?

REAL TALK

Chances are, you just plain despise mornings and have no intentions of changing that. Yet your workload/classes force you to get up at messed up hours. There is only one way to deal with this: Blast some *Bring Me the Horizon* at full volume and gulp down a heavily caffeinated beverage. Make yourself some toast and throw the burnt parts at the crow to shut it up (You could also caw right back at it, to give it a taste of its own medicine, but that could lead to awkward questions). Spend some time complaining about how your education or your job is draining the life out of you and turning you into an empty shell of a being. Tell yourself that you are completely done with life, and you just don't give a flying fluff anymore. Then hastily change out of your pajamas and run out the door, since you're probably late.

Just let the sorry cycle repeat itself. Being proactive is overrated, anyway.

Despite being a hopeless fangirl, Marisha Aziz lives under delusions of awesomeness. Contact her at marisha.aziz@gmail.com to give her another excuse to ignore her teetering pile of life problems.

Debunking myths of girls' stayovers

MYAT MOE KHAING

When guys are asked about their stayovers they would mysteriously reply "What happens in stayovers, stays in stayovers". Often times I would be asked if girls' stayovers are all about pillow fights and manicures. Girls' stayovers can be productive too unless you are like me and you like to doze off before midnight.

Our usual conversations are about life, dreams and heartbreaks. In the course of discussion, we often end up making a list of *aunties/bhabis* we would like to get rid of. Be it at school, university or work, you're continuously being spied on by *aunties* ready to approach your mom with a "Jaanen bhabi?" before you even reach home. Sharing imaginary evil plans with best friends is extremely relieving.

Many girls stay up watching movies or sitcoms, and come up with theories like how Joey is the main character of *FRIENDS* because the episodes have his voiceover. We also argue over who is a better role model among popular female characters.

Late night food cravings get intensified when you're with your friends. We love food. There is a strange rush of



excitement in taking out all the frozen food from your friend's fridge and cooking them. You might stumble upon your culinary passion while experimenting with pasta, brownies, pudding, shakes, you name it!

At certain points, we go all aboard the feels train with the next stop at *Feelippines!* The random banter turns into philosophical discourse on all sorts of social constructs. The topics quickly change from politics and economics to

fashion and vanity. Afterwards we reach a consensus that life is nothing more than a mere illusion. This lasts until the following day we wake up late for class.

There is nothing quite like singing randomly to songs in the evening on the roof. Sometimes, the rare opportunity to dance to Taylor Swift or even Children of Bodom presents itself. Plus, there's no one judging you when you pull off your crazy moves.

Girls face more restrictions when it

comes to spending the night at a friend's place. Many young girls can only dream of the day they can huddle up with their friends in a dark room and tell each other ghost stories while playing Uno.

While there are nerds who choose to study with friends, there are also those who are on their phones all night. Girls' stayovers aren't always about playing with Barbie dolls in a pink room. It is about being who you truly are while you're with your crazy friends.