

THE ULTIMATE GUIDE TO DEALING WITH HEARTBREAK IN SPORTS

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You've had a terrible week, but there's a game on that weekend and you're confident your team will win. But after exuding hope for much of the game, they screw up and lose. When this happens, it's easy to feel like life is unfair and call it quits on happiness. But a broken heart needs mending, not locking up, and you can mend your broken heart with the following simple steps.

KEEP AWAY FROM THE NEWS

The trick is to make your mind forget the debacle ever took place. That's a difficult thing to achieve these days, with rivals fans rubbing it on your face all over social media, and highlight reels everywhere. So, turn off that TV, put that phone away, and read a book or cook yourself a meal. If you have friends who aren't into sports, talk to them about whatever people such as them spend their time doing. Find out something new!

REMINISCES

Unless you support Sunderland, your team probably has some good memories from the recent past that still make you smile. Go on YouTube, find those memories. It isn't a permanent cure for heartbreak but it works more like a painkiller,

and like painkillers, this has some side effects. While the idea is to make yourself believe that because they did good things in the past they are sure to bounce back again, there will always be the danger of



you getting more upset thinking why your team couldn't simply do what it already did in the past. That's when it gets worse.

THERE ARE PEOPLE WHO HAVE (HAD) IT WORSE

The only good thing about finishing 5th

for a United fan is knowing Liverpool finishing 8th. I'm talking about *schadenfreude*, which is pleasure derived from another's misery. Looking at it from a less cynical angle, your team itself prob-

ably has had worse days. Young people these days complain about how it's a tough job being a Bangladesh national cricket team fan because of the frequent roller coaster of emotions you have to go through. But it's a fair bit easier than it

would have been in the early 2000s. At least losses hurt you, back then people were so used to losing they'd celebrate just about anything, like Khaled Mahmud bowling at over 120 kph. At least in your case, there is still hope left to be killed.

LOSE CONTROL

This is, of course, strictly inadvisable but it's still one of the most effective ways of dealing with depression. Do whatever the heck you want. Eat, sleep, stare at a wall, kick an electric pole and break your toe, cry, pick a fight with the first person you see, or try and think of how you're life's a bigger failure than your team and drown in a worse kind of sadness. If you can't consciously take your mind off the game, let your subconscious do it for you. There is harm in that, it could get worse, but it's not like you can do much about it.

Depression from sports is a real thing, no matter what people tell you. It's not "just a game", it's THE game, and it's YOUR team. It's 11 people playing a sport so that they can get rich doing it but your person is heavily involved in it. The next time your team lets you down and you feel lost, take it seriously, and seek help, because God knows you need it.

Recovering from a Bad First Impression

ZARIN RAYHANA

We've all been there – inadvertently offending someone because of a gaffe, making friends groan by telling flat jokes, or failing to impress bosses by underperforming. It could have been due to our nerves getting the best of us or a disheartening day. Despite the notion that it's difficult to recover from a bad first impression, it is possible to ameliorate peoples' notions about you.

Don't let it bother you if it's an insignificant matter that can be dealt with smartly. I met a boy once who smelled like a bucket of sweat. When everyone started mentioning it, he made a hilarious joke about how it's called musk and that it drives females crazy in the animal kingdom. Smart? Yes.

In case you hurt someone's feelings unintentionally, apologize immediately. If possible, provide an acceptable reason for the act. Don't over-apologize either, it is annoying for a person to repeatedly tell you that you are forgiven. Pay attention to your body language – try to smile more to appear less inhospitable. It is not wrong to admit your mistake at times; to err is human. Showcase a more complimentary side of your personality; surprise them by getting them something to drink or help them in assignments.

If you have irked your boss by appearing late to office or by submitting lousy assignments, apologize like the real McCoy as usual. It may not be late enough to work like a horse and make it up to him/her without repeating the same mistakes. Give them sufficient proof that they had the wrong idea about you and be patient about it.

Lastly, don't be a pod person. Let go of all the labels that you have heaved on your shoulders and stop pretending to be something you are not. Don't make jokes if you have a bad sense of humour, chances are they are most likely to fail at being hilarious. If you have already

made one and keep magnifying the awkwardness in your head, it will only exacerbate the situation. Instead, do a facepalm in front of them and say how you're unserious sometimes and blurt out random things; a little self deprecation can take care of the situation. Know that the imaginations nagging in our heads are far worse than reality. Unless you want to be the stereotypical, hormonal teenage girl over-exaggerating about insignificant issues in chick flicks, stop making a mountain out of a molehill. Keep chanting the mantra: I'm the only one who makes flat jokes and I'll never do it again.

But fret not, everyone has blurted out a flat joke at least once in their lifetimes.

Apart from everything, remember that the last impression won't be based on the first impression. Also, always try your best to be presentable. Break a leg!

Zarin Rayhana is a self-aggrandizing ambivert who ponders over philosophical epiphanies during rainy evenings and waits for her crush to jump straight out of her favourite novel. Treat her with novel suggestions at ericaavianazarin@gmail.com.

First impressions count,
 but last impressions
 get you fired.

