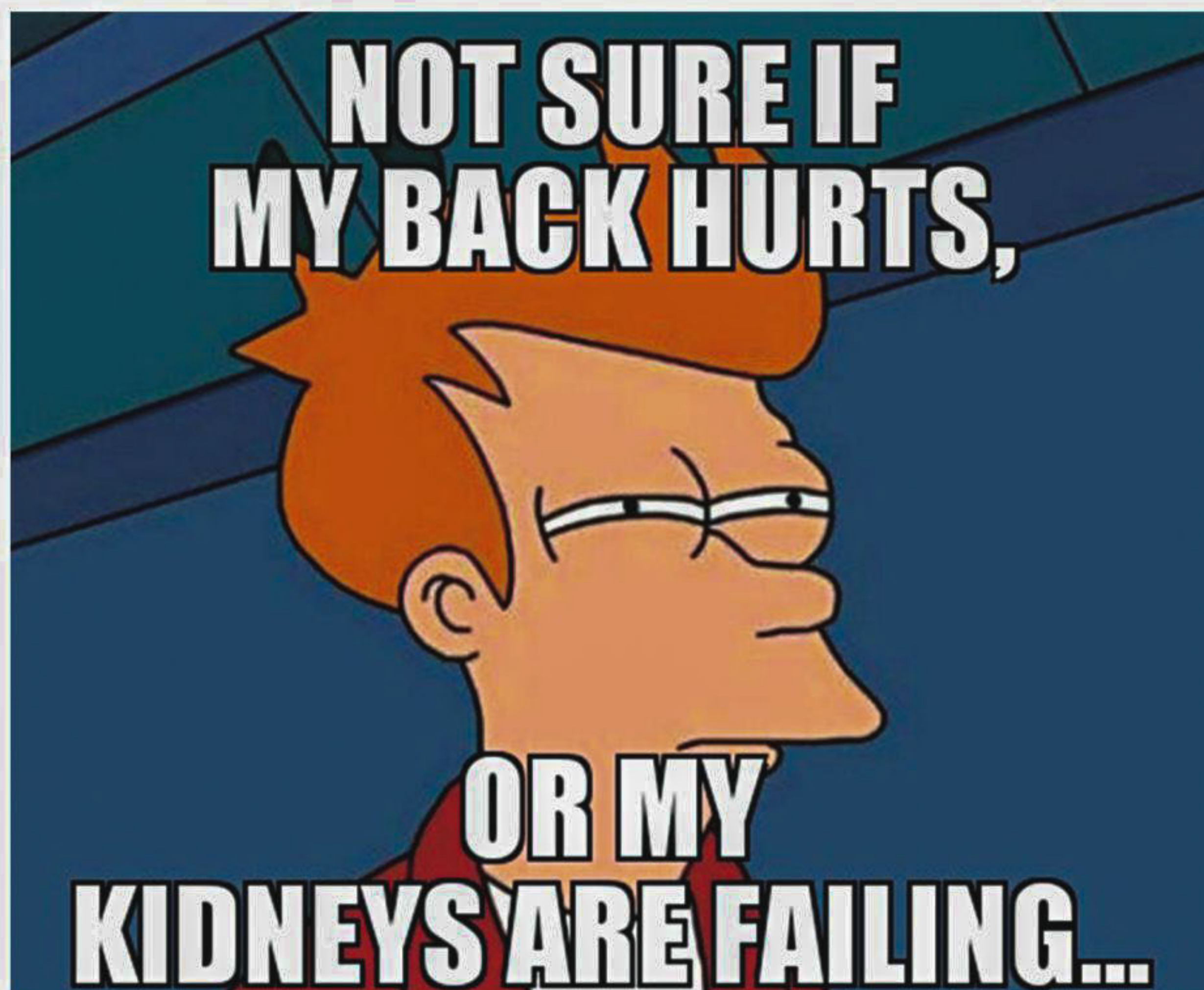


# CONFESSIONS OF A HYPOCHONDRIAC

AATEEYA SAABEEN

*Do you google symptoms whenever you sneeze once because you think you might have a terminal illness? Do you constantly need to be assured that you're not dying right this second? If you've answered "yes" to both these questions, then you might have a case of hypochondria, just like yours truly.*

Personally, I have a habit of jumping to the worst conclusion in any situation, be it concerning my health or studies. I have been incessantly teased about this habit of mine but I can't help it. This combined with an unhealthy obsession of googling everything has made me a hypochondriac.



Not to generalize, but most of us these days prefer googling symptoms instead of getting ourselves checked by an actual doctor. And thanks to various health columns on the internet, whenever I have

a headache I immediately assume I have a brain tumor which will turn into terminal cancer in a few days.

Unfortunately, close friends and family have to bear with us while we go com-

pletely crazy over something super silly as chapped lips. What if it means I'm dehydrated? This can also lead me to deduce that I might be dying slowly. It's so hard to get convinced that stubbed toenails don't mean my fingers are falling off and no one really dies from this. These pathological dramas have no time periods and can occur at 3 in the morning.

Even though we take really good care of our health, take all the medicines when we're sick, and all our medical check-ups show that we're doing perfectly fine, we can't help but get anxious about our health conditions. The rate we look up random symptoms a day, I'm pretty sure I have as much medical knowledge as a resident out of Grey's Anatomy and would've aced my exam had I decided to join med school.

Remember that skin rash you were worried about? No, that's not a symptom of organ failure, in case you were wondering. Don't try to get yourself checked by a doctor for this either. Because why consult a doctor when there's WebMD?

*Aateeya Saabeen, who scarily resembles Koala Bear in looks and in sleeping patterns is a dedicated Beatlemaniac. She believes her Hogwarts letter got lost in the mail because they misspelled her name. Leave her a message at Saabeen226@yahoo.com*

# SURVIVING AS A NORMIE 101

FATIUL HUQ SUJOY

Have you been called a "hecking normie" for being a hecking normie? Or are you counting down the days till the inevitable doom of your social value because you know you are a hecking normie? Or do you not even know what a normie is (which makes you a hecking normie)? Worry not. Read on to know how to redeem/defend yourself against the ever aggressive goliaths that are the culturally informed.

Now before we dive into the survival guide, we need to understand what a "normie" is. The term was primarily an internet slang which, like any other internet fad in the 21st century, later broke the confines of the virtual world and is now used to address anyone perceived as culturally illiterate or mainstream. To put it simply (so that the hecking normies reading this can understand), if someone has less knowledge on a certain topic than another person then the second person can call the first person a hecking normie. A similar situation can arise when one

person likes a trend that another may not.

So now that you know if you deserve to be called a hecking normie, let's see how we can stop that from happening.

The first (and actually the only sincere) method is to know. Search the internet as soon as you're confronted with something new, something trending, and something you have no idea about.

Don't make the mistake of asking someone informed about it. That's usually the backstory of everyone who's ever been called a normie. Google is your best friend, at least until they develop an A.I. that calls you names based on your search.

You also need to observe other people to understand what's mainstream. The challenge is to choose the people to observe wisely. Being acquainted with

people who are more in sync with the trends is the way to go. If that forces you to lose past relations then so be it. As a wise man once said and I quote, "If you see your friend circle listen to Linkin Park songs in 2017, then it's high time to change your circle."



The second method is to distract. I'm taking a leap of faith here and guessing that there is at least one thing you're good at. Utilize that.

Divert a conversation where you're struggling to contribute to something you're adept in, regardless of relevance. Not really up to date on foreign politics? But you're a number 1 Harry Potter fan? Talk about the 9 reasons why Trump is actually Voldemort (number 6 will stupefy you). As a bonus you can counter attack and call them hecking normies for not

knowing some random HP trivia.

The third method is to avoid. They won't know if you lack knowledge in a subject if you don't engage yourself in it in any way. You find a meme funny but don't know if its internet validity period has passed? Why risk being judged for a meme? You don't need to share it. You don't need to share anything. Nobody needs to know about you. Scroll through your favourite memes in a cave, but laugh quietly so that no one gets triggered by your choice of humour.

The fourth and last method is acceptance. So what if you're called a hecking normie? You don't need to get all worked up over it. Pursue what you enjoy and don't hate on or get demotivated by someone with different preferences.

*Fatiul Huq Sujoy is a tired soul (mostly because of his frail body) who's patiently waiting for Hagrid to appear and tell him, "Ye're a saiyan, lord commander." Suggest him places to travel and food-ventures to take at fb.com/SyedSujoy.*