



# DON'T BE AN OCTOPUS, GUYS

MASHIYAT NAYEEM

Somewhere along the way we all came to the realisation that we are Squidward Tentacles — the grumpy, unenthusiastic octopus no one liked as a child. The bitter adults/adolescents that we have grown up to be are nothing short of this detestable character. Whatever reasons there may be for morphing into this green creature, the good news is we don't have to be like him. We can be the ever bubbly SpongeBob Squarepants instead.

Now this is easier said than done: wiping off your poker face and stretching your mouth into a painful smile. Life isn't

full of sunshine and rainbows but we can at least pretend; that's what SpongeBob would do. The next step is to go easy on the sarcasm. If we want to give off positive vibes we might want to keep the periodic "I hate everyone" attitude at bay. That comes with the opportunity cost of mingling with people, but you will get used to it. Especially if you get into a habit of unnecessarily annoying them like the yellow sponge, which is kind of fun to be honest.

A big reason why we are Squidward is our penchant for sleeping which probably comes from a lack of motivation, discipline, good PEOPLE (See? everything is

connected somehow), food, etc. So get into a routine that is properly structured and not stamped with "sleep" as the only activity.

Wake up every day with inflated hopes and a vivid imagination of how nice and bright the day is going to be. Or at least pretend to do so instead of continually hitting the snooze button.

Crushed hopes and dreams? Check, you are Squidward. But what if you don't have to give them up just yet? SpongeBob would push it until he has achieved what he wants, even if the end result isn't what you had originally envisioned.

Most importantly, don't stress too

much about why you never have fun or drown in the abyss of misery. Feign excitement even if you don't feel it. Well, fake it till you make it, right?

By now, at the end of this article, if you have already given yourself up to depression, then you are beyond help Mr. Tentacles. I too have come to the conclusion that it is all pointless because the Squidward syndrome has been ingrained so deeply into our generation that we might just evolve with it.

*Mashiyat Nayeem is Squidward Tentacles in disguise. Please do not try to stalk her at Krusty Krab.*

# KEEPING A DREAM JOURNAL FOR A WEEK

TASNIM ODRIKA

Are dreams really as bizarre as they seem to be? Or are they somehow connected to our life? Even scientists haven't yet been able to pinpoint why we dream and what its exact purpose is. But there have been some scientific speculation that dreams reflect all the whirlwind of emotions that we go through throughout the day and are also connected to forming long-term memories.

Psychics on the other hand believe dreams are a window to our future. And it is this second theory that I choose to believe.

To find out whether dreams really do have a meaning or not, I kept a dream journal for a week and at the end of the week analysed all my dreams. It was a bit of a hassle since it interfered with my morning routine of waking up and looking at memes for 30 minutes.

**DAY 1**

I dreamt that I was living inside a furniture store. It is my ultimate dream since I love shopping for furniture. But then this soon turned out to be a nightmare as the realisation hit me that I would have to clean all these rows of beds, couches, and tables.

This dream is either a reminder that if

something seems too good to be true, it probably is, or, reality checks ruin everything.

**DAY 2**

This one is truly bizarre because I dreamt of the solar eclipse and it happened before the entire buzz surrounding this topic was created. I heard about the occurrence of the solar eclipse a few days after this dream and hence I am certain at the moment that I can see into the future. Also, Psychics: 1, Science: 0.

**DAY 3**

I only slept for 2 hours at night and I just dreamt of waking up and getting ready for class. Eventually I did wake up and get ready for class. So, I will add this to my list of dream prophecies.

**DAY 4**

This one was a dark dystopian dream and I have dreams like these every now and then. I was stuck in a dark, old room. There was a bed in one corner and there was something or someone lying there but I knew better than to actually go and check. Then I heard loud, thunderous footsteps coming towards me and from then on I spent the entire dream running from these footsteps without actually coming face to face with what I was running from.

My analysis of this dream is that the faceless footsteps is the patriarchy and instead of hiding I need to step up and face the system.

**DAY 5**

I found myself in the middle of a field with gunfire blaring from all sides. At first glance it seemed to be a battleground. After walking a bit further down the field it turned out that it WAS a battleground. And a rap battle was taking place. What seemed to be gunfire was just really loud music. Does this dream mean that in the future I will witness a Dhaka rap battle? I am yet to find out.

**DAY 6**

This was a very generic dream that almost everyone has had at least once. It was of me running down a flight of unending stairs. I went and googled this dream and found out that this dream indicates I've been repressing my true emotions and not dealing with them properly. It could also mean I'm struggling with a current situation. The only thing I have to say about this is that I wish I had a cooler dream.

**DAY 7**

I was running away from this giant or more like trying to. Running felt like trying to glide through a highly viscous fluid. This dream definitely means that I should never try running.

*Tasnim Odrika is having an existential crisis at the moment and doesn't really know who she is anymore. Send her compliments at odrika\_02@yahoo.com.*

