

Life lessons from Grey's Anatomy

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"Wait, is that show still on?" Umm, yes. Why wouldn't it be? This show provides you with lessons that you can apply to every aspect of your life.

"But, if the same thing goes on for 14 years, doesn't the storyline get monotonous?" Not in this case. Since 70% of the characters are new at this point, it almost feels like watching a new show.

Now, let's jump right in to the lessons that this gem of a show has taught us over the years.



EVERYBODY LEAVES

This is something that none of us are ever really prepared for. But *Grey's Anatomy* ensures that more than anything, at least, this particular idea is instilled into you for the rest of your life. Your best friend's boyfriend of 5 years might suddenly disappear on the wedding day, your prom date might be a cardiac patient in a hospital and might not make it through the night; you're prepared for anything.

SMART MEDICAL WORDS

Have you ever felt dumb in a group discussion? Well, not anymore. Now you can insert words such as "aneurysm", "leukaemia", "craniotomy", etc. into a conversation and impress everyone.

RELATIONSHIPS 101

From the myriad interconnected relationships present in the show, you can't help but learn a thing or two about romantic relationships. Quotes like, "Don't let what he wants eclipse what you need. He's very dreamy but he's not the Sun, you are", to, "Don't ever date a man who can't handle your power" can be applied to lots of real life situations.

CHANGE IS A PART OF LIFE

Now, this is a lesson that this show is actually very good at teaching. This show actually makes you embrace changes. You learn that nothing ever really stays the same and the people who once meant the world to you might not even be a part of your life at one point. But that does not necessarily mean it's a bad thing. You

meet newer and wonderful people who again influence your life in different ways.

Let me end this with another important quote from the show, "Change. We don't like it, we fear it, but we can't stop it from coming. We either adapt to change, or we get left behind. It hurts to grow, anybody who tells you it doesn't is lying. But here's the truth:

Sometimes the more things change, the more they stay the same. And

sometimes, oh, sometimes change is good. Sometimes change is everything."

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



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