

Any moment now, you could be hit by a bus, and die. It seems to be the most unpopular way to say goodbye as you live and breathe in Bangladesh. Even as I type inside my room, there is a chance that a passing bus comes crashing through my wall. Back in 2004, that actually happened when a bus rammed into our boundary wall, taking down many bricks and a very upset, rather stingy banana tree.

While life is short these days, you may want to learn quick ways to banish those distressing thoughts. You want to achieve an absolute sense of chill. The internet and my overly helpful colleague Nahela Nowshin will suggest many complicated ways to de-stress. I hack down the complications and bring you the bare essentials with a little bit of science.

Smile

Fake HA-HAs go a long way into becoming the real thing. Try it right now. Say 'haha' a few times. You will feel stupid enough to just actually really truly smile. Turns out, if you do minorly stupid things all the time, you will smile a lot. It becomes a little inconvenient because then you have to develop newer ways to do stupid things. In my line of work, I often meet many new marketing professionals who smile a lot because of what they say. For example, 'Let's make this viral. Let's make everything viral.' And that exclamation comes after a discussion on dengue virus.

What smiling does is release dopamine, endorphins, and serotonin naturally. These chemicals help relax the body and lower heart rate and blood pressure. It explains why our shipping minister managed to laugh after last week's horrific road accident that killed three students. He pointed out how people in India don't really react much when it comes to road accidents. Stupid thing to say, perhaps, but I am sure the stupidity made him smile as a result. Poor guy is just trying to relax his body from the distress he must be feeling inside. Mostly from not knowing what he is talking about.

Also, smiling puts other people around you at unease. We Bangladeshis do not smile at each other. We smile at foreigners a lot though, but never at another Bangladeshi. Often if you smile at them, they will look away or even move, leaving you with more breathing space. Having more space to breath is relaxing because Dhaka happens to be the fifth most densely populated city in the world according to Wikipedia. So, smile. Laugh even, maniacally, and clear the air.

The right smell

Smell something nice like citrus, lavender, or jasmine. These have the quickest de-stress effect by releasing

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4 GREAT WAYS TO CHILL WHEN YOU'D RATHER GIVE UP



CARTOON: E R RONNY



ঐতিহ্যের আর এক নাম আধুনিকতা
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

অ্যান্ডালিনা

সোপ

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