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PERSPECTIVE

# Changing at 25

After that 20th birthday, time seems to pass by an awful lot quicker than it ever did before. Juggling jobs and sometimes higher studies, while trying to keep in touch with friends from college, all the while trying to live a decent healthy life is what one can expect from someone in their late twenties or early thirties. But alas, that is rarely the case. With time flying by, one often forgets to evolve into the adult they have become, while still hanging onto the lifestyle of a 20-year old. As you grow, let your physical and mental-self grow with you, and while you adopt healthier habits, it is high time you say goodbye to others.

## USING AN ALARM CLOCK

What was possible during teenage years can have terrible effects on one's health now. A proper sleep cycle is more than necessary to allow you to function through your busy life. By now, one should have mastered the art of waking up without an alarm. However, if you have not, tomorrow

is a great way to start.

## NOT EXERCISING

A lot of people are guilty of having a gym membership they never make use of. If you do not have time to make a trip to the gym, do some light yoga every morning. Skipping exercise all together is a terrible idea at any age. Besides working out, yoga especially helps deal with all the stress, changes and excitement that hits your life around this age.

## HAVING TAKEOUT MEALS

We get that things can get super busy, and having the time to cook is not very practical for everyone. However, opting for takeout meals can have worse effects on your body now than ever before. From feeling sluggish to putting on that extra weight to even heart diseases, one should not risk it. Opt for home cooked meals, or prepare beforehand on the weekends.

## NOT MAKING YOUR BED

The number of adults that simply leave

their bed as it is every morning is sadly very high. In your late twenties, no one is going to volunteer to do this task for you, so best do it yourself before you leave the house. You sir are an adult– no excuses.

## EXPERIMENTING WITH STYLES

Be it your haircut, your wardrobe or how you dress your home, by now it should all match up. Experimenting with bright colours on your hair, sparkly sneakers or lava lamps in your living room will only end up making you look funny, not trendy.

## DITCHING SMALL TALK

Once you are a grownup, it is a given that you will meet new people every now and then, and ignoring them all the time is not an option. Learn the art of small talk, chit chat a little, and stop avoiding conversations.

## TOO MUCH SOCIAL MEDIA

When you are finally out of your cage and you have the whole world ahead of you, spending too much time on social media is

a poor use of your precious minutes. Besides, checking out how others are doing wont exactly help with anything, but instead, can actually make you think worse of yourself.

## NOT HAVING FINANCIAL SECURITY

This is the age where, no matter what kind of crisis hits you, one should be adequately prepared for it, not just mentally, but financially too. And that needs a very early head start. Best to start now, perhaps first stop all that impulse shopping.

## NOT HAVING A JOURNAL

Not having a journal or organiser is not something that is expected from a twenty-something, especially a busy one. Get that journal, and get your life together.

Lastly, what you should do is own all your flaws because that is the true essence of growing up. Splurge a little, devour a little, and live a lot.

By Anisha Hassan

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