

DIY

FEEL GOOD

When life gives you lemons but no lemonade

If given the choice to play thumb war and win a burger or to possibly do ten push ups and then win a burger, most of us would choose thumb war. Why? Because it is as simple as it sounds and takes up less energy and time. So, the question eventually pops -- are we slaves to simplicity?

Despite being the safest options to go with, getting used to making and achieving things through simple plans might just become a pitfall for us. Why you ask? Because not everything in life is easy and let's face it, the moment things get tough, we tend to avoid it much more than face it head on.

As bitter a pill as it is to swallow, but life, as we know it, is a series of the toughest and the most incredibly unfair scenarios jumbled into a small timeframe. Within this timeframe, we fail a class, get our hearts broken, lose our loved ones, get fired from our jobs and before we know it, we lose ourselves. Somehow, within all this, life expects us to move on with everything else. Seems pretty unfair right? That's because it is. However, instead of dealing it with patience and perseverance, we deal with our problems with ice-cream and sad songs, which just make us sadder.

The science of simplicity is an interesting concept. Cognitive fluency is basically the concept of taking things more simply in our brain which is a subjective notion of experience of the ease or difficulty of completing a mental task. If a certain thing seems simple to us, it does not mean it necessarily is simple. For instance, for teenagers, it is easy to swipe away through the deeper roots of the internet whereas for adults, it is more difficult to even wrap their heads around the idea of taking a screenshot-- it is simple, but it is not.

However, taking important decisions in life is not as simple, and it is time to understand that life is not as easy as cooking rice (unless cooking rice is tough for you too). We need to understand that nothing comes easy, and it should not be. The world we live in is in constant competition with each other and themselves. Be it losing weight, getting a promotion, trying to finish that one to-do list; nothing comes easy anymore and that is actually fine if you think about it. There are no survival kits unless you make one yourself.

It is incredibly important for you to not give in to your emotion. "I think one of the hardest things I had to deal with was the frustration of not being able to find inner peace which deliberately affected everything around me, including my studies and job. So, I tried to find ways to calm myself rather than being constantly frustrated with myself," says Kazi Nayeer, who finds working out and playing video games a way to vent his pent-up stress.

It is also very important to remember to never ever make excuses for yourself and to not let people make things necessarily more comfortable for you. There is no shame in asking for help, but at the end of the day it is important for you to do your work. Try to learn new things every day, even if it is the smallest of a deed. Travel to places and learn about your environment and blend your spirit with it.

Life will always give you lemons, but you will always know how to make good lemonade out of it once you have your secret recipe.

By Sumaiya Tasnim

'Decorate' -It-Yourself everyday!

'Less is more' is the motto for modern day home décor. As a matter of fact, the idealised 21st century home is clutter-free and decorated with minimalist furniture. While keeping your home décor neat and tasteful is absolutely essential, adding your creativity and effort to decorating it is also necessary. So we say - DIY and have all the fun!

Many Feng Shui and interior décor experts often state that a home's design and decoration can affect your health and personal energy too. In this regard, Do-It-Yourself ideas can play a positive role. They are not just a creative, fun and thrifty way to decorate. But in fact, they can make the home feel more like 'yours'! Isn't this what you want when friends and family gather at your place to celebrate any important occasion? The unique outlook that highlights your individuality!

PARSIMONIOUS GALLERY

Gallery walls - consisting of a number of photographs (especially family photos) - have become a popular space in the modern house in recent times. While getting your memorable pictures framed at a nearby store is the convenient way to go, the real creativity lies in making your own photo frames.

There are several inexpensive materials you can use to make them, starting from scrap wood and twigs to Popsicle sticks (which are now available in packets at most stationery shops, by the way). Moreover, you can liven up your corridor wall with a splash of bright-coloured paint before hanging up those frames to create your own personal memory lane in the house.

Tutorials on making photo frames:

<https://www.itsalwaysautumn.com/20-best-diy-photo-frame-tutorials.html>

FURNITURE RECOVERY

Who doesn't own at least one furniture in the house that is a bit of an eyesore? Whether it is your uncle's termite-eaten wooden bookshelf or the formidable steel 'almira' from your great grandmother's inheritance, it's time to give it the stylish makeover it deserves. For this, spray painting and wallpaper are two budget-friendly options to go for. For the former option, you might want to paint on a base colour on the furniture first. Next, print out floral and foliate or any other cutouts of your choice and by carefully placing it against the furniture's torso, begin spray-painting.

Wallpapering is comparatively easier, although a tad bit pricier. If you don't have some spare pieces lying around the house, you can always grab a roll (cost starting from Tk 1000 onward) from an interior décor store. It is a good idea to do the makeover in the outdoors or on the balcony to avoid smearing paint/glue on surrounding valuables.

Tutorial video for wallpapering furniture:

<https://www.youtube.com/watch?v=Oulz215HZ2Y>

GARDEN BEAUTIFICATION PROJECT

Spruce up your balcony or yard garden with aesthetically appealing details. Terracotta planters and pots are a gardening classic in this region. You can use some spray paint or simple paint to give an interesting look to your mundane planters. A monochromatic scheme (black-white, gold, etc.) can look classy in the green surroundings. Découpaged floral fabrics are another excellent idea to enhance the look of succulents in the garden.

There are plenty of other ideas here:

<https://www.bhg.com/gardening/design/projects/10-upscale-ways-to-makeover-terracotta-pots-281474979506337/>

JAR OF HAPPINESS

Mason jars are common goods in Dhaka, available for Tk 200-400 at the New Market kitchen and silverware stores.

Besides having your favourite drink or storing Oreos in it, it could also be of great use for some DIY décor. Although several online stores sell mason jarred fairy lights, now, you could make one right at home. Fairy lights cost about Tk 300-500. To start off, you should carefully drill an opening at the bottom of the jar for the plug to pass through and then tuck in the lights and switch it on. You can also spray paint the jar as you like to give it a more chic outlook. Mason jars make great flower vases too and add a simple yet sophisticated touch to the room's decoration.

Find out what more you can do with mason jars here:

<https://www.bhg.com/decorating/do-it-yourself/accents/decorating-with-mason-jars/>

POMPOMS ON THE FLOOR

They feel divine under the feet and look vibrant to the eye - pompom rugs totally have to make it to your DIY list. What you will need are a few colourful yarns of thread, a pair of scissors, two old paper towel rolls and an old rug mat. First, wrap the yarn around the two rolls for about a hundred times. Then you have to gently pull out the yarn from the rolls and cut another piece of yarn (about 12 inches). Next, tie it in the middle and cut the ends of the fluff to make it look like a fluffy pompom ball. The final step is to thread or glue the pompom balls onto the old rug and voila, you have a cozy and frugal décor for the floor.

The steps are given in detail here:

<https://www.babble.com/home/diy-pom-pom-rug/>

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Photo: Collected

