

Thoughts while in a changing room

MAYABEE ARANNYA

The library, the rooftop at night, your bathroom, your bed at 3 AM – all of these are great places for thinking. But the best place to *overthink* is, by far, the changing room.

If you're familiar with shopping for yourself and not making your family members do it for you, you would know what trauma, deceit, embarrassment or fear lurks in the (hopefully bigger than a broom cupboard) changing rooms at clothing stores.

The first thing you might feel when you enter a changing room is paranoia. Is the mirror double-sided? Are there cameras hidden in the clothing hooks? Is the door properly locked? When you've finished panicking, it's time to realise that your paranoia is probably invalid since the room is either more like a storage room and nobody would be so invested in snooping, or that the brand of the store is renowned enough to not take that kind of a risk.

The brief moment of almost nudity feels like eternity. For some reason, the thought of being seen in underwear seems extremely possible. What if there's an earthquake or fire and you have to run? Or worse, what if you just forget to put clothes back on? It could be like one of those dreams where you show up to school in your undies except that it'd be in reality and you'd be inside a store full of complete strangers and/or your friends or family members.

Shaking these pestering thoughts out of your head,

The hardest part of trying on clothes in a dressing room is making sure no one hears me crying.



you finally put on the outfit you picked out. And it's four sizes small. You can barely breathe. Okay, you can't buy this so you can just take it off and try something else. But *wait*. What if you get stuck in the outfit? What if it

becomes impossible to get out unless someone comes over and rips it apart? Oh god no, more almost nudity. But *wait further*. How are you supposed to get out and tell the shopkeeper that you're stuck? Are you actually prepared for that level of embarrassment today? **WAIT ONE MORE TIME**. The outfit is highly expensive and you can't afford it, you only tried it on for fun. What on earth do you do now?

Moving on from the nightmares, let's discuss changing room lighting and mirrors. Changing rooms probably have the worst or the best mirrors in the world, depending on who you are. Since you're the customer, you're in for a lot of misconceptions about yourself because, inside the changing room, that daring outfit you picked out in order to step out of your comfort zone makes you look stunning. When you get back home and excitedly try it on again to check yourself out in the mirror for an unhealthy amount of time without any judgement, you realise that you have been conned – by a piece of furniture. You hide the outfit in the depths of the black hole that is your closet, never to be seen again, just like the money you keep spending on clothes you don't need.

If you've now realised how creepy changing rooms can be and you also hate shopping as an added bonus, maybe look up minimalism and capsule wardrobes. You're welcome.

Mayabee Arannya can never say no to a cup of tea or cute doggo pictures. Send her the latter at facebook.com/mayabee.arannya

The types of people you meet while taking a morning walk

MAISHA NAZIFA KAMAL

A morning walk has a lot to offer to you—the aesthetic views of the nature, a peaceful mind and a sound body along with the following types of people:

THE WEATHER-SPECIALISTS

"Nice weather, isn't it?" — it all starts with this. Talking about the weather is a polite way of starting a conversation with an absolute stranger. But sometimes,

there are people who actually forget that the weather was what initialised the conversation and that they *can* actually move on to other topics. While you may be jogging and silently attributing the beautiful weather yourself, these people will slowly fall inline with you and then ramble about the weather. At first, you may find their company quite a comfort, but at the end of the day, you will realise that you just were indirectly forced into a one-sided, boring conversation about the weather.

THE GOSSIP-GANG

They are quite the opposite of the Weather-Specialists. While the Weather-Specialist can't talk about anything other than the weather, these people will start the conversation with a very personal question. Seeing you totally uncomfortable, they will bombard you with the "neighbourhood gossip" to *make you feel comfortable*. Often, they take morning walks in a group, hence the name. If you ever happen to run into them, then good luck to you.

THE PET-LOVERS

A morning walk is an excuse for this lot to show off their pets. They will jog and cuddle their pets every ten minutes and if you ever talk with them, I can assure you that they will give you an elaborate lecture on different breeds of dogs and cats. The plus point though is that you get to see really cute doggos and kittens with ostentatious accessories and can actually learn quite enough about grooming and taking care of pets as they are the living, walking, talking, Pet Care Centres.

THE NATURE ENTHUSIASTS

They are the poets among the joggers. You will see their set of eyes transfixed upon the sky, the trees, the distant horizon and all the natural beauties around. You may also find them at nearby parks meditating or having yoga sessions. Occasionally, they will indulge in writing an intricate prose about the beauty of nature. You feel serene just by looking at them.

THE STEREOTYPES

You will find them rhythmically strolling with their earphones plugged. They walk for a pre-scheduled time which they will precisely maintain and you have to be very lucky to find them talking to you. That said, there is a high chance that you may be the stereotype.

