

How to start your day



MATILDA

Morning comes and signals the beginning of a new day every time it arrives. How you spend your morning affects how you will feel the rest of the day. However, mornings aren't pretty for everyone. If you find yourself struggling to rise out of bed and shine throughout the day, this guide will be absolutely perfect for you. Below are some tips on what steps you can take to ensure your morning starts in a great way.

JUST SLEEP ON IT

The importance of getting a good night's sleep cannot be stressed enough and is something that our mothers, fathers, aunts, uncles, our neighbour's aunts and uncles, and television advertisements have told us since we were born. What they don't stress on, however, is the importance of not being overworked before sleeping. So, all that advice about preparing everything the night before to reduce stress in the morning and not leaving any work for the next day can simply get lost. Have some faith in yourself. You'll remember the next morning that your pencil-box is underneath a pile of books in the living room and you'll also manage to write that 500 word essay that your teacher said requires creativity and patience. Because that is totally doable.

CLOTHING

So what if Mark Zuckerberg wears the same shirt to work every day to save his energy for making other decisions? You need to look the part first. You should dress nice to feel good about yourself and because that's how you want people to judge you since there is not much inside. Also, don't call it needless stress; it's just exercise for your brain.

JACK-IN-THE-BOX

Spring up from bed like you've been poked in the back. The rush of blood to your head and possible muscle strains will make you lose your desire to sleep again as the pain will cut out the drowsiness.

THE LIST

Make a list of all the embarrassing incidents that happened to you along with a list of everybody and everything you are jealous of. The burning in your cheeks and chest will send you stomping off to school in search of revenge and you will be able to spend entire classes imagining all the horrible things you could do to them instead of concentrating on the lesson.

THE SWEET LIQUID OF LIFE

They constantly tell you that water is the most important thing in the world ever since you learned how to walk and made the mistake of showing people that you do understand what they're saying. So it only seems apt that you should start your day with this liquid. But plain water is boring. To shake things up and sweeten up that tasteless fluid, add 8-10 spoonfuls of sugar or some other such sweetener in very large amounts. This might also help you cut on your caffeine consumption. Some might say that substituting one unhealthy habit for another, possibly more unhealthy habit is a bad idea that might cause you some problems. But hey, at least when you go to the doctor for treatment of possible physical complications, you can proudly say that you did in fact stay hydrated.

Matilda likes to pretend she is invisible and inconspicuous. Tell her you can read right through her at matilda.tilda1234@gmail.com

OPINION

The "I'm Not Like Other People" Syndrome

FATIMA JAHAN ENA

Every so often, I'll conduct a purge on my social media platforms, just to clear out people that I never interact with. During these purging sessions, I'll come across folks that I have unfollowed but can't seem to remember why. So naturally, I proceed to stalk their profile and eventually find status updates or posts in which the person I'm investigating expresses their strong feelings of disgust at how this generation brought forth the end times of monogamy, how other people our age constantly party while said person stays home counting their blessings for revelling in their introversion, obligatory statues about what other girls/boys wear. As I feel their superiority complex transferring to me through my phone screen, I timidly click 'unfriend'.

The need to put ourselves on a pedestal above the general population isn't something that's a completely foreign concept to us. From a very early age, our cultural exposure and influences from media play big roles in perpetuating the notion that there should be an ideal sense of self. For example, being a lover of movies, I was exposed to a wide spectrum of genres and the tropes that came along with them from a very early age. One of the most prominent tropes would be the manic pixie dream girl, a young woman with eccentric tastes and an unconventional way of living that sets her apart from other girls. Another trope would be the tomboy, a girl who opts for traditionally masculine traits and interests and exhibits a carefree attitude. In retrospect, I can fully admit that these tropes had a massive impact in the way that I carried myself in my early teens, as is the case with many other women. While it is fine to develop your own interests with the help of these idealised, dream-like characters, it treads a precarious line with developing internalised misogyny, which is very common.

However, the habit of excluding oneself from the majority of the population is not exclusive to women only. Nearly every facet of an average person's life possesses some form of this need to be different. People can distinguish themselves by comparing their tastes in music, literature, films etc. Not only that, a person's behaviour can also be scrutinised by forming ideals of how they should actually carry themselves. The biggest problem with this is how everything is subjective. What one person may deem to be "proper" may not actually be to someone who doesn't share the same mentality. As a result, this causes a hive mentality between like-minded individuals, but also cause divides of internalised misogyny and superiority/inferiority complexes.

The key to combatting this is to practise tolerance and self-acceptance. It has helped me immensely when I let go of the need to put down other people to validate myself and I'm confident that it'll help others, too. We're all stuck on this big rock together so we might as well practise being more open-minded to harmless interests/hobbies/activities and be a bit more kinder to ourselves and each other.

Fatima Jahan Ena considers herself to be a chaotically neutral egg with feelings. Fight her at mail2ena@gmail.com

