

THE DEFINITIVE **YOUTH** MAGAZINE

# 4 SHOUT

## HOW TO NOT DO YOUR CHORES

ARAF MOMEN AKA

We dread it, we run from it. But mother dearest will appear. And she will hand us a list of chores that will make you roll our eyes and mumble, "Why me?" to our divine deities.

House chores are the bane of our everyday convenience. Our sufferings have lasted too long. For too long have we been made to slave ourselves by completing demanding tasks like making the bed or bringing in the groceries while our mothers merely toil all day around the house, making things easier for us.

Well, yours truly here has a few ways that we no longer have to go through such troubles.

### GROCERY SHOPPING

Doesn't it annoy us when we're made to go get a pack of salt, or go to the local bazaar to get some essentials? Well, why

I REFUSE TO TAKE OUT THE GARBAGE! I HAVE THE RIGHT TO DO WHATEVER I WANT, ALL THE TIME!



not use the age-old desh er obostha excuse? Make yourself easy to be robbed. Flaunt and wave your grocery money in the air and hope that your robber-to-be has clear vision of you.

### SWEEPING AND DUSTING

Why should we clean up when there will always be people that can do it for us? Besides, we all know how bad dust is for our lungs. Mommys' little gems should not have to go through such ordeals. That's why we wait. Our mothers will nag. And our fathers will support their wives. But by the end of the day, it will be our resilience that will triumph, ending with our mothers doing our chores after grounding us or muttering how ungrateful we are.

### THE DISHES

Washing the dishes seems very unnecessary. Why wash them when you



can eat with your eyes closed while eating out of your dirty dishes? The filth doesn't affect you if you can't see it, right? Simply rinsing the dishes should do. And so what if the dishes start to stink and get mouldy at one point? There will always be money to replace them.

### THE TRASH

So what if there is going to be a culture of pests and creatures of the underworld attracted to the trash that heaps up in your kitchen? Food sources are scarce for those poor creatures. Let them eat the trash for you. Win-win. You don't have to take the trash out, pests get the food. Don't blame others if the pests start living in your house, though. That's all on you.

### WATERING THE PLANTS

Water them? Hah! If they REALLY needed to be watered, they'd ask for it themselves. Why should we have to go through the trouble of giving them nourishment? I



know they make our homes look nicer, and we can always go for a minimalistic aesthetic, right? Just chuck them out.

### QUALITY TIME WITH FAMILY

Who does that anymore? There's a reason why this is considered to be a chore nowadays. Your parents want to sit down with you and chatter about how their day went? Pfft. We don't have time for that. Just lock yourselves in your rooms

Unironically speaking, cherish your family. Help your parents out when you can. They will give all their world for you. There's no harm in alleviating some of the work from their daily lives. All they ask is for a little attention. So give them that.

*Aka is a tiny little bleep on the world's radar, and he finds peace in knowing it. Ruin his peace by poking him on [akaaraf@hotmail.com](mailto:akaaraf@hotmail.com)*

# GUIDE TO GUIDED MEDITATION

MAYABEE ARANNYA

Have you ever tried meditation and thought it was completely useless? Or maybe you haven't even tried it because you think it doesn't work. I am here to change your mind.

Let me introduce you to the world of guided meditation. How is it any different from regular ol' meditation, you ask? Well, it's right in the name. In guided meditation, you are guided by either written text, a sound recording, or a mixture of both. Visuals are sometimes used but, most of the time, you are asked to close your eyes and visualise things for yourself.

For a lot of people, it's difficult to focus on anything when the world around is so loud and fast. Luckily for us, guided meditation usually provides a soothing soundscape so that you can be distracted from other external noises. If there is a person speaking, they will speak in a calm manner and help you through the meditation.

These meditations can last anywhere between five minutes to over an hour. It really depends on what kind of situation you are in. Are you headed to a social event and your anxiety is spiking? You can take part in a meditation that helps calm social anxiety. Having a busy day and your mind's a mess? Try to take five minutes out of your day to calm yourself down and collect your thoughts while meditating. Suffer from depression or episodes of



anxiety on a daily basis? Meditate every day for however long you want until you're at a point of peace and satisfaction. If you're having sleeping problems, meditation can help put you to sleep since it helps calm both your body and mind.

I know this sounds like a cure-all that's too good to be true so let me explain why

guided meditation is so helpful. Guided meditation will often encourage you to create situations in your head and then help you learn and practice how to tackle such situations. For example, if you partake in meditation to help with social anxiety, you might be asked to visualise a party and how you are behaving in it.

Doing this before the actual event helps you to be your best version at the event.

So how does it work? First of all, you will be asked to find a comfortable place to sit in an upright position. Then, you will be asked to either close your eyes or focus on one specific object. You will then be guided to concentrate on your breathing, specifically deep breathing, which is a technique used in exercises of mindfulness. After that, your guide will go on to more advanced techniques. You might be asked to focus on each of your senses in order to be more present, or to feel how distinctly each body part is interacting with the external world, in an effort to relax your muscles. The possibilities are endless.

Now if I have sold you on this, you must be wondering where to start. The first thing I recommend is the app "Pacifica". It contains free guided meditations that all help in various situations. You could also check out YouTube channels like Jason Stephenson – Sleep Meditation Music.

Find what you're comfortable with and stick to it. You might get instant results or it might take you a bit of time to adjust. However, the key is to not give up and to not dismiss the idea of meditation becoming a helpful part of everyday life.

*Mayabee Arannya can never say no to a cup of tea or cute doggo pictures. Send her the latter at [facebook.com/mayabee.arannya](https://facebook.com/mayabee.arannya)*