



# Ways to get out of caffeine dependency

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Having the option to turn to coffee to help with pulling an all-nighter during exams, or make a steaming cup of tea to kick start the morning all fresh and invigorated, or even succumbing to energy drinks in times of need, is more than just a sense of comfort for some; sometimes it's a necessity that, with time, becomes an ingredient for a functioning brain.

The negative side effects of caffeine addiction are obviously not very fun; the anxiety, restlessness, appetite loss, and vicious mood swings are difficult to deal with on a daily basis. Moreover, one accidental break from routine consumption of caffeine can lead to severe headaches or other not-so-pleasant symptoms, and thereafter resulting in a haywire mess of the rest of the day's work. But it is possible to cut down or step back from this habit if one really puts their mind to it.

## SLOW DETOX

For coffee drinkers, it's best to switch to any form of tea. Since tea contains considerably less caffeine, the dependence actually falls significantly, and with minimum effort. For tea drinkers, it's better to widen the interval in between each cup than to search for substitutes. For both, this step should be used for a definite period before decreasing the caffeine intake even more; and finally, giving up on it for good once the withdrawal symptoms have lessened or disappeared.

## NON-CAFFEINATED DRINKS

It'll be a little difficult at first, but you can always try to condition your habits into changing. Whenever you find your hand

reaching out for air-tight containers of coffee beans or tea leaves, just change the course of its path to something non-caffeinated. Make yourself a homemade smoothie out of whatever fruit you have at hand, or simply drink a warm glass of milk, or just increase your number of glasses of water in a day. Once the habit's stuck, the rest of the getting-over-caffeine period won't seem all that painful.

## LOW CAFFEINATED DRINKS

If you don't want to opt for completely giving up your caffeinated drink of preference, then you should try to be careful about the caffeine levels in your drinks, and prioritise those with the lowest count. Decaf green tea is a good example in this case. Changing the brewing techniques of the drinks can also be a factor in reducing caffeine.

## SUBSTITUTES

For most people under the spell of caffeine, it's more of a step that needs to be checked off their to-do list to catalyse the work waiting for them in their day ahead, than something they have merely for entertainment. For such consumers, substitutes such as protein shakes or herbal tea can take the place of caffeinated drinks to reenergise and stimulate the mind for getting through the day. Shifting to these drinks might not always be easy — most people would find they're an acquired taste — but it helps to power through the withdrawal process.

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# DELUSIONAL SPORTS FANS

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Whether you're starting at a new school, coaching, university or job, there's a few quick ways to get acquainted with all the new people around you. One, which forms a stronger bond than any other, is a mutual love for a sport. Being a fan or an active participant in a sport that your classmates or co-workers enjoy is an easy way to break the ice and initiate what ends up being hours of interesting conversation.

However, as great as sports can be, there usually tends to be a few fans who you just cannot agree with. Whether it's a disagreement about your ideologies on the sport, or just inflated opinions that are so far from the reality that you just want to smash everything in sight; there's a little bit of a delusional sports fan in all of us.

Irrespective of whether you're a fan of cricket, football, basketball or even *hadudu*, you're likely to meet multiple fans who live in their own, distorted, imaginary bubble of a world, and have no semblance of understanding about reality. Here are a few of the ways to spot them:

## THE OPINIONATED ONES

Everyone has an opinion about the team or sport they love, and no matter which fan base you're a part of, you have a right to your opinions. However, there's a group of fans whose opinions have evolved into something much more dangerous. A common example is when someone tries to force you into believing that Pele/Maradona is the best player of all time, with no close contenders. They have their own world view, and wish to impose it on everyone else.

## THE SUPERSTITIOUS FANS

This group is a weird bunch, and can

be almost likened to a cult. They worship their teams and are often seeing praying for their players, managers, etc. before every match; due to their belief that, these rituals will ensure victory. These fans also tend to believe in the most unlikely of miracles, and remain optimistic even in the face of guaranteed defeat. They refuse to get out of their seats or even alter their posture when the team is doing well. Whether their team is trailing by five goals at half time, or at a 100 run deficit with 30 balls left; these fans never lose hope, and their confidence in their team will get your blood boiling for sure.

## THE ELITISTS

These fans live on a whole other plane of reality. If the previous two categories of delusional fans had you worried, this one will have you running. Usually, these fans hold their team in such high regard that they forget other teams even exist in the same sport. And while, supporting a team during their era of dominance can somewhat legitimise the beliefs of this particular group; results actually do not matter to them. Even if their team is 7<sup>th</sup> in the league, on a losing streak and failing to meet average standards, these fans continue to believe they are still the best team ever. In their opinion, the sport is at fault for their teams failures; not the teams own inability to succeed.

While being a delusional fan isn't the worst thing in the world, it would be a good idea to actively avoid the ones who are. And if you're one of the aforementioned delusional fans, maybe it wouldn't be the worst idea to become a little more self-aware.

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