

# THE ART OF DECLUTTERING

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Often times, as we grow old, we want to keep tangible items that remind us of wonderful times and we attempt to build a shrine around them. Even when they no longer serve the purpose they once did. However, it is not always mementos that clutter our homes and our minds. They can be items that are aesthetically pleasing and so we simply cannot get rid of them. The err in our judgement results from the fact that we have no idea in which corner of our home the piece belongs and what purpose it serves. The same goes for clothes, shoes, tattered books, albums, yearbooks and so on.

Once we set up our minds to tidy up our homes, the first obstacle usually is deciding where to start. People often make the mistake of starting their cleaning out process without categorising their belongings first. It is imperative to get rid of our belongings slowly and steadily. Do not jump from cleaning out your wardrobe to cleaning out your bookshelf. There is always a sense of satisfaction we get from seeing that we accomplished something, motivating us to move on to the next task. Otherwise, it is just a big



pile of clothes and another pile of books that you have no idea what to do with.

Marie Kondo, author of the bestselling book "The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organising", reiterates in her book we should begin to tidy up our homes not on the basis of what should be gotten rid of but rather what should be kept. What most booklovers find

extremely difficult in these situations is deciding which books to keep and which to not. As a result, it turns out that we have hordes of books from when we were toddlers that serve no actual purpose other than to gather dust in shelves. The easiest method for someone in this kind of a pinch is to donate the books they did not enjoy, or as Kondo would say, no longer "spark joy."

One of the crucial and most condemning reasons that we drown ourselves in things we do not need stems from the idea that we will need it later on and throwing it away just seems wasteful. For example, if you have a pair of dumbbells in your home that you always pass, thinking that one day you are going to pick those up and give Arnold Schwarzenegger a run for his money, chances are you are not going to pick them up in the future.

It is not always easy to let go of the things that we have held onto but like every person who has ever been in a toxic relationship will tell you – letting go isn't so bad. If the things that you have are useful, like old jackets or sweatshirts, that do not fit you anymore but are in good shape, donate them to various charities. It is once you get rid of all these things that you make so much room to breathe and to fill your space with all the things that you really need, want, and will make your life so much easier.

*Subaita loves cats and dogs and everything that hops. Send her your favourite animal videos or pictures at [subaita.fairooz@gmail.com](mailto:subaita.fairooz@gmail.com)*

## When you're single but your friends are not

MAISHA NAZIFA KAMAL

As Beyoncé says in her song "Single Ladies", come my single lads and ladies, as I take you on a journey through the rants you suppress when your sweet friends abandon you and sail with someone else:

EXTRA CHEESE ON YOUR PLATTER

One day you'll wake up, single as ever, but maybe on that day one of your friends won't stay single anymore. From that day, refrain from ordering extra cheese with any meal at all because your life is going to get cheesier than ever. Your friend will drag you to their dates, tag you in all their cringe-worthy posts, and speak volumes about their romantic stories. What once was a strictly friends-only hangout will become an over-the-moon date because your friend needs to see *both* you and the love of their life at the same time. So while some burger places proudly serve so-called cheese burgers which are devoid of cheese, your life drips with so much cheese that you even reek of it when your friends are not around.

GETTING THE TEMPORARY POST OF A JUDGE

Your friends will fight with their significant

others, and before you know it, you will become a court judge. They, along with their beloved, will present their cases precariously to you, and it will seem as if their lives depend on your verdict. They will try to convince you that it's not their fault (or was it?) when in truth they are just trying to convince themselves.

PUTTING UP WITH SUGGESTIONS TO CHANGE YOUR RELATIONSHIP STATUS

The one thing your not-so-single friends can't wrap their heads around is that you're single but not ready to mingle. Your friends want to go on double or quadruple dates and so they are always trying to set you up with random people. Irritating

hints like "Angle Pori Sadia is really smart. Give her a chance", "Vilen Samiool told me he has a major crush on you" and "ARE YOU GONNA DIE SINGLE?" just don't seem to stop.

MORE OCCASIONS FILLING UP YOUR AGENDA

Before your friends were in a relationship, you had to only remember their birthday. Now, you have to keep track of not only your friends' and their counterparts' birthdays but also the exact date and time Polash smiled at Shilpi. Although they do let you go if you fail to remember this significant event but that doesn't mean you get to excuse yourself from the celebrations. Any other time of the year, you may see nothing wrong with commenting "Mamma, treat de" to almost every little post, but now you are no longer in the mood to go for ice-cream as your friend gives the squad a treat for their happy nth monthaversary.

However, don't let these trivial problems get you down because your friends' happiness matters the most and while you sulk, you're going to be there for them.

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Happy Anniversary to my favorite couple that always welcomes me as the third wheel!

