

# What saves you from bad decisions?

HIYA ISLAM

Decisions are a trap – a bonus ruse you get for living life. From the moment we wake up, we make countless choices to go about the day. The very first one being whether to sleep in or to catch the early worm. Amidst so many decisions, what are the odds of a sorry mistake? There is no real figure to quote. But chances are that a decision is more likely to haunt you if you're making too many already.

At any point, we have all experienced a certain drop in willpower to decide something. Consequently, the exhausted mind goes on to make rash way outs or otherwise known as, bad decisions. This is called "decision fatigue" in psychological terms and it sets in when a person is overly involved in decision-making.

Come to think of it, many of us are horrible at making decisions. It is as if our entire lives are a prolonged aftermath of a regrettable settlement. How do we deal with it?

## CUT DOWN CHOICES

Get into a routine. Commitments will deter you away from making choices in every step of the way. What do Barack Obama and Mark Zuckerberg have in common? They do not stress over work wear. Fixing an outfit for work every day can be a tiring start. Instead, they choose

to wear that same shade of suit or that same colour of T-shirt every day. Simplifying your options help preserve your mental energy for the more demanding tasks that will show up later in the day. Get started on having the same bowl of cereal every morning. You can always switch to another meal when bored. When eating out, set a budget and ask the waiter to surprise you with a meal. Toss a coin and choose which dress to buy. Just go with the flow. Minimising possible picks does not have to be boring. One can decide what to wear, what to do, what to eat or anything before the scheduled event. This saves the individual from the next day's minor pickles.

## FINISH WHAT MATTERS THE MOST

Jot down the top three things that need to be done the next day. Throw your phone away. Turn off all notifications. Focus on these early in the morning when your energy levels are at peak. Then, move on to your lesser troubles. Pick, finish and repeat.

## DELEGATE DECISIONS

Learn to trust your peers. For some of us, micromanaging is a serious problem.

With that tags along an insane sense of meticulousness. This often drives the person in charge crazy. When you let others take care of minor details, you can rest easy and focus on prime things.

## RE-ENERGISE YOURSELF

Grab a meal or a get a power nap. Because, when tired, we tend to be reckless or too lazy to give the attention and thought something deserves.



# Struggling to make friENDS meet

RABITA SALEH

*Drrrrrrrrrr*

Asif tried to concentrate on his assignment over the noise of the electric drill from the next room. He had to complete this now before going to tutor his evening students. He had four students a day on weekdays and more during the weekends.

*Drrrrrrrrrr*

As he put on his sandals before heading out his phone buzzed with a notification. It was a group chat for a hangout his friends were planning. He sighed and put the phone back in his pocket.

Three hours later he was back home with his eyelids drooping. The men still weren't done with their work in his parents' bathroom. The electric drill droned on.

*Drrrrrrrrrr*

He had a quick dinner, looked disdainfully at the almost complete assignment on his desk, and hit the bed. He checked his phone again. His friends had been tagging him in the messages asking for a response. Rezwan had noticed that he had seen the first message and commented, "Of course Asif is ditching as usual." Farhan was defending him saying, "Guys Asif has a lot of students now. I'll ask him which days he's free." That explained Farhan's WhatsApp



message asking after his schedule.

*Drrrrrrrrrr*

Asif checked the initial message again. It was about a new burger joint in Gulshan. It would take out a clean one thousand taka from his stash, which he had already almost used up to pay his tuition fee for the university. He muted the conversation.

*Drrrrrrrrrr*

It had been like this since his Dad's huge losses went down. At first he only began going when his friends had planned to go somewhere moderately affordable. Next he began pretending he was full despite having not eaten since the previous night, just so he could see his friends. Now he had to skip almost

every time because even transport costs had started to hurt his wallet. He had only once voiced his financial troubles to a friend, and next thing he knew they had started offering to pay for him. He didn't want to be a charity case for crying out loud!

*Drrrrrrrrrr*

When his phone pinged again with another group chat, Asif opened it with some trepidation, but his face lit up immediately. A friend's sister was getting married. He could definitely squeeze this plan into his routine. He could finally see his friends.

However, before the excitement could even fully materialise, another chat box opened up discussing how much each friend would contribute to the group gift they wanted to present at this wedding. Asif almost wanted to chuck his phone across the room, but he couldn't even do that for fear of breaking it.

*DRRRRRRRRR*

The sound of the electric drill rose to a crescendo, and then suddenly ceased. The last thing Asif saw through the tears swimming in his eyes, before he buried his head in his pillow, was the bathtub of his parents' room being taken away for sale.

Rabita Saleh is a perfectionist/workaholic. Email feedback to this generally boring person at [rabitataleah13@gmail.com](mailto:rabitataleah13@gmail.com)