



PHOTO: ORCHID CHAKMA

Your guide to making a perfect daily routine

INQIAD BIN ALI

Our daily lives are a collage of different activities. Having a good, healthy daily routine is of paramount importance, but sometimes, doing the simplest of things is tough.

Here's an impasse we, the youth, now face – just how do you make your routine perfect?

A thorn while making routines is the pressures of our daily lives. A big chunk of our 24 hours is devoted to being productive. This ends up dictating us so much, that our sleep and recreation is often compromised to make room for the more "important" tasks.

However, in order to keep ourselves resourceful and proficient, our mind needs time to do the 3Rs — refresh, regroup, and recharge. This allows our brain to function properly and coaxes our creative instincts to their optimum level.

A perfect routine should have at least seven hours dedicated to mental rest of some form. Going to bed early should be a staple. Your efforts will be rendered useless if you stay awake all night and sleep through the day. Pulling all-nighters regularly has severe repercussions, as it might cause significant damage to the brain in the long run.

A common mistake is to not allocate a good amount of time for recreation and hobbies, as most people still believe that all waking hours should be made to use

productively. This conception is flawed to the core. Not only will this have negative ramifications in our personality and psychology in the long-run, but will also cause us to have trouble socialising.

Balancing our downtime with work should be the rule of thumb to make the most of our active hours. Even after working all day, we should be able to find a tiny bit of time where we have nothing to do.

Even our mind needs relief from stress. Doing things we enjoy gives us new avenues to explore and nurture our artistic sides. The treasure of creative skills is precious in this competitive world. Such is our obsession with success, that some might feel paranoid during their free times of their "perfect" routines. I also faced this while coming up with my own routine, but believe me, a perfect routine doesn't have 24/7 work written on it.

Balance is the keyword behind anything sustained, resourceful, and perfect. Our daily routines aren't an exemption from this word of wisdom. Even our human endurance has its ceiling.

To make our factory of creativity useful in this ruthless market, daily routines with the perfect blend of work, recreation and rest is the ultimate way to go.

Inqiad Bin Ali has 'got a pain in his heart and a love in his soul' to put it in an artistic way. He is found deep in thoughts at inqiadali007@gmail.com

A breakup letter to my toxic ISP

"It wasn't me, it was you."

TANZIM NOOR TANMOY

Dear ISP,

Everybody says a good relationship is built on trust, loyalty, and most importantly, connection. Uninterrupted connection. But along the way, you took away everything from me, even my buffer-less YouTube experience.

The first few months with you were a dream. I still remember the day we met. You reeled me in, made me feel special with your "no installation fees" offer. Pfft. I even thought you were charging me lower than your other customers.

I rarely had any issues with our connection, and even if I did, I knew that I could rely on your promised 24/7 customer support to fix it instantly. I never imagined that these promises would turn out to be emptier than New Market on a Tuesday.

I refused to listen to the warnings of my friends who told me, "That's how they always are at the beginning." I'd always ward them off by declaring you weren't like everyone else. I was so naïve; I actually believed you were different.

Slowly but surely, the cracks started to show. I guess I was just wearing rose-tinted glasses so I missed all the red flags. It began with bad ping and sudden connection interruptions. You started to ignore my calls on the help desk hotline. And when someone did pick up, I'd get a cold "We'll get back to you shortly" or "We're looking into it" without ever actually hearing back.

The default answer you'd give to my complaints was "Try switching your router off and on again." I can't believe how easily you made me believe it was all my fault – my router's fault – and never yours.

You can't say I wasn't patient, that I didn't try. I thought maybe we were just growing apart. So, even though I hated the idea of buying things to make you happy, I still did my best I could financially. I always knew relationships would be costly, but I subscribed to your most expensive package and even bought a new router.

But you went on. How many times do underground cables actually get cut,

ISP? Your lack of communication was becoming more apparent than ever. You were becoming slow to catch up with how I was feeling, slow to catch up with what I wanted to browse on the internet.

I mean, you stopped showing up. You weren't there for me on my final exams, you couldn't even be there for me on my late night *Among Us* runs. I missed out on spending time with my friends just for you.

I've finally come to my senses. In retrospect, I took this long to cut you off because I think I got too comfortable and I was afraid to leave you. I know you treated me so poorly, like one of your side customers, that Taylor Swift could probably write Red 2 about you.

We're over.

Don't you dare show up to collect your bills this month.

Send Tanmoy suggestions for a new ISP at: fb.com/tanmoy.tanzim



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