

# EDITORIAL

Making lists is probably one of my favourite things to do, I can do it in my sleep. I've spent many hours filling up pages in my planner, detangling the knots I've made in my brain trying to figure out how I can fit in over twenty hours of work in a few hours.

However, the one list I've never thought to make was a bucket list. Be it due to its uncertain nature or my overall sense of cynicism, bucket lists never appealed to me too much.

I got to ride in a helicopter recently. I even got to sit next to the pilot, and look at my city, along with a few others, from five hundred feet above the ground. And I'll tell you what I told everyone who asked me, it truly is better than you can imagine.

We saw flocks of white birds, possibly pigeons, fly together in perfect harmony. We chased the shadow of the helicopter and giggled like little kids when a shift in altitude gave us a tingly feeling in our gut. It was wonderful, and it made me think that maybe making a bucket list wouldn't be the worst.

-- Syeda Afrin Tarannum, Sub-editor, SHOUT



## TITLE OF YOUR MIXTAPE

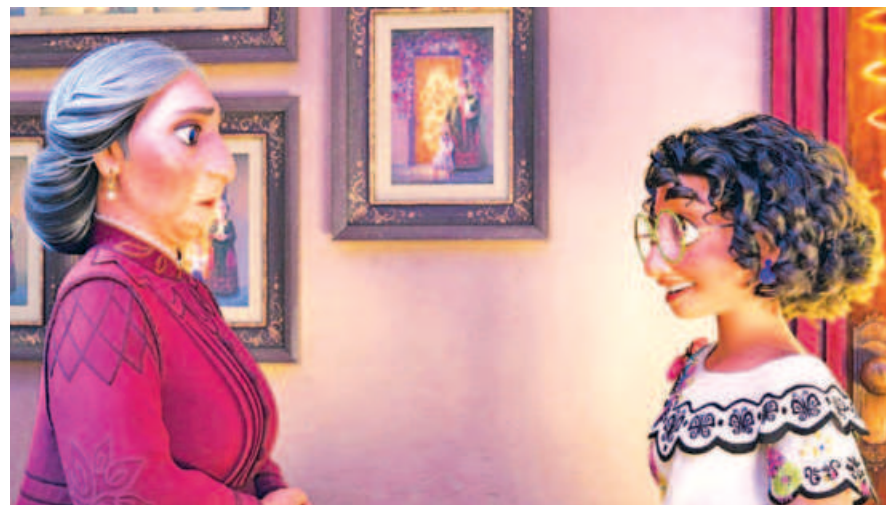


A	B
The Scientist Coldplay	How Clairo
Lights Are On Tom Rosenthal	Tongue Tied Grouplove
All I Want (Part 1) Kodakone	Time Is Running Out Muse
Where's My Love SYML	Heavy Linkin Park

Email us at [shoutds@gmail.com](mailto:shoutds@gmail.com)  
with feedback, comments, and reader  
submissions within 500 words.

## PLAYWATCH

### MOVIE



## Exploring generational trauma and familial expectations in Disney's *Encanto*

SARA KABIR

Underneath the bright and cheerful surface of the narrative of Disney's latest musical, *Encanto*, lies a darker truth about the after-effects of the Colombian civil war, generational trauma, and the heavy burden of familial expectations.

*Encanto* opens with Mirabel, the empathic yet somewhat awkward main character, introducing her magical family known as the Madrigals. Surrounded by family members who can do everything from conjuring flowers and snowstorms to even healing people with their food, Mirabel feels out of touch and often left out. Perhaps because of Mirabel's close-yet-far proximity to her family, it's no surprise that she sees the growing cracks in her family's foundation – metaphorical and literal – and attempts to save them from it.

Amid the bright colours and toe-tapping musical numbers, the movie features Disney's first all Latinx cast, capturing the complicated intergenerational misunderstandings and staggering weight of expectations resulting in trauma. Each Madrigal is given a responsibility that they are expected to uphold at all costs, even their mental health. We see the Madrigals suffer from hypervigilance, insecurity, social anxiety, low self-esteem and self-confidence, depression, and more.

Having suffered the trauma of losing her husband and her home as a young mother due to civil unrest, the family's matriarch, known to all as Abuela, becomes trapped in the idea of upholding their place in society. She fears the loss of her place and home in society otherwise. She loses sight of her family's happiness and fails to realise that they are human

beings who want to change and explore new possibilities as they grow.

As a result, Abuela now has exceedingly high expectations for her family. Anything out of the norm, like Isabella and Luisa doing anything out of their predetermined roles, sets her off. Her trauma results in her being short-sighted and retreating into what she knows to be true, like a cocoon.

Abuela remains in denial of bringing her house down until Mirabel opens her eyes to it. It is only when Mirabel breaks this cycle of abuse and helps each family member accept themselves for who they are that we see the Madrigals begin their life anew.

While the story is inspired by and based on the Latinx experience, we can't help but feel that some parts of the story ring true for South Asians. We, too, have often faced the burden of living up to our family's expectations, the burnout that results from being a former gifted child, and proving our worth by being of service to others.

*Encanto*'s story is one we can relate to and understand on a personal level. It shows the struggles of older siblings having to bear the family's burden until they feel like they will crack under pressure, and gifted siblings being put on a pedestal they cannot deviate from. It shows the struggles of the weirdos, the oddballs, the misunderstood black sheep of the family, and the struggles of those that are left out.

Magical and fantastical, but at its core, *Encanto* is a story of a family trying to support each other and make their own place in the world – one we can all connect with and relate to. *Encanto* is a story of letting go of the past to discover one's true potential. It is a story of belonging.