

READER SUBMISSION

Accepting your parents is not the same as loving your parents

SUMAIYA RASHID

Are you realising that your parents aren't the great role models you thought they were? Are you beginning to relate to the lyrics of Sasha Sloan's "Older", where it goes "The older I get the more that I see/ My parents aren't heroes, they're just like me"?

Firstly, allow yourself to experience the emotions you are entitled to. It could be hatred, sadness, fear, or despair. Instead of suppressing your feelings, be present with them, talk about them, write about them, and, if necessary, cry about them. You should be upset because you should have been cared for and supported without having to perform in a certain way.

We must accept our parents for who they are and what they can offer. Then we may decide what type of relationship we desire. It can be a close connection, or that of a trusted confidant. It could be at arm's length, with rigid boundaries and no contact. But, in order to reach that conclusion, we must embrace the reality of who our parents are, which involves letting go of who we wish they were.

You may grieve the parents you wished for but did not receive. You may grieve



the person you could have been if your parents had shown you the love and support that every child deserves. If you need more time to be angry or outraged about it, go ahead and take it. But there is a lot of power in accepting your parents for who they are, which may make you feel less emotionally charged. Ultimately, this will allow you to decide what kind of relationship you want to have with them.

You can ask yourself what actions can

be taken that is consistent with your values and allow your emotions and voice to be heard. It might be as simple as writing a letter, posting on TikTok or Instagram, having important conversations with your family, speaking with a friend, or getting professional assistance. In times like this, being in touch with your feelings and acting in accordance with them can lead to healing and positive development.

TherapyJeff, a professional counsellor

from Portland, Oregon, encourages his audience on Tiktok in setting healthy family boundaries. He says, "If you are labelled as the problem for creating boundaries it's because they can't take accountability. They need to protect the dysfunctional system at all costs. You're not actually making things worse when you're like, 'I'm not going to deal with this toxicity anymore.' However, just because you set a healthy boundary with your family doesn't mean you won't feel left out. Sure, you're the one setting the limit that's deciding not to be closed with the family, and probably for a very good reason. But are you specifically missing your family numbers? Or are you just craving the feeling that family can give you care, closeness, and acceptance because you've created a surrogate family filled with friends in your community that give you all the healthy love you could ever want?"

In order to move forward and feel more at peace, oftentimes the first step is to accept the reality of who your parents really are, as difficult as that may be.

The author is a student at Independent University, Bangladesh.

Why light-headedness should not be overlooked

ABRAR AHMED

Have you ever stood up really fast and felt dizzy out of nowhere? Your vision goes black, you feel a loss in your sense of balance and your body feels heavy as if you are going to pass out? Chances are, you have had this commonly-experienced feeling before at some point in your life.

Feeling lightheaded is often a normal sensation – it is caused by a lack of blood flow to the brain, which mainly occurs due to a swift and sudden movement. The sudden drop in blood pressure from quick positional changes can be triggered by several physical factors such as dehydration, poor eating habits, stress, allergies, and other illnesses. This sudden feeling is generally short-lived, and tends to go away in a matter of seconds. It might seem harmless, but as someone who has experienced a severe case of it first-hand, light-headedness is not as benign a feeling as one might assume it to be.

It was a normal day in 2017. I was enjoying my summer break, reclining on the couch watching television to be specific, when I heard the doorbell ring. I got up rather quickly, and while my energetic younger self was running over to open

the door, I stopped midway through as this feeling hit me out of the blue.

I felt my vision go completely dark. I was thinking that I was fine as I seemed to be in balance, so I waited for my vision to reappear. Then, out of nowhere, I felt the ground rushing up for impact, followed by a loud thud. I realised I had fallen to the floor, narrowly missing hitting my head on a sharp object.

What makes light-headedness so dangerous is if it's accompanied by nausea and dizziness. Dizziness is what gives the feeling of being unbalanced, which puts the person at risk of a bad fall. Vertigo, a type of dizziness which makes you feel that your surroundings are moving when in fact they are still, is one of the most common and dangerous conditions that could accompany this lightheaded

sensation.

However, this feeling can harmlessly go away if the right things are done. Once a person is struck by it, the first thing they should do is hold onto something in order to maintain their balance. If possible, it is advised to sit back down from where they got up.

Still, prevention is better than cure. Luckily for us, we take several steps in order to avert this feeling from striking us in the first place. Drinking lots of water, getting up slowly from sitting or lying down, limiting salt intake, and getting enough sleep all help to prevent it.

Although the symptoms are usually manageable at home, light-headedness may sometimes even have a more severe underlying cause such as a heart attack, stroke, head injuries, internal bleeding, anaemia, or other conditions. If this lightheaded feeling becomes too repetitive and does not go away even after following the precautions, one should seek medical attention if they have any concerns about it.

Abrrah Ahmed still dreads this befogging feeling. Contact him at instagram.com/abrarahmxd



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