

DON'T LET FOMO DICTATE YOUR LIFE

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Recently, I volunteered for an event despite having a lot on my plate. While I did have solid reasons for signing up for this, including it being a great learning opportunity and an overall fun experience, I realised my biggest motivation was something entirely different. I signed up for it so that I wouldn't miss out and regret forgoing the opportunity later on.

This phenomenon that I experienced is commonly known as FOMO (the fear of missing out) and it happens to dictate many people's lives. It forces us to base our decisions, priorities, and schedules around it. The problem of FOMO is that we contemplate the consequences of not doing something rather than thinking about how much we really want it. Sometimes, we let it get the best of us and convince ourselves into signing up for things we don't have the time or energy for.

Suppose after a long hectic week, you agree to go out and watch a theatre show with your friends, mostly because of FOMO. If you don't have enough energy to socialise or concentrate on the show, no matter how entertaining and engaging it may be, it will feel like a chore.

Life often feels like a rat race and we are under the impression that by taking time off, we are falling behind. We constantly worry about the opportunities that we might have forgone. For instance, you might guilt yourself into going to that office picnic just so your superior has a good impression of you, or so that you don't miss out on the chance to interact with people higher up in the company. But at the end of the day, you'll only come back home exhausted. There's no need to participate in every single activity just to earn brownie points. Ultimately, what this results in are half-baked experiences and burnouts.

Social media further aggravates this problem. There's no way to avoid seeing what we might have missed out on because as soon as one enters the digital sphere, they are instantly bombarded with pictures, videos, stories, and statuses from the events one decided to skip out on. Even if that person didn't feel bad for not showing up, they are bound to feel differently now.

Since social media only shows the highlights, we only get to see one side of the coin. The concert might have been crowded and suffocating, but the videos on Instagram will only showcase the blinding lights and the crowd singing along to familiar tunes. This clouds our judgement because an experience isn't just weighed on one aspect but many, including the negative parts as well.

When deciding to commit to a plan, we should ask ourselves why we are really doing this and whether or not we even have the time for it. This will help distinguish between FOMO and what we actually want. Remember that just because one passes up on one opportunity doesn't mean they will never come across another. Taking days off to stay at home is also a priority. When we deprive ourselves of breaks, we take away the ability to actually enjoy what we're doing. We should try and break out of this cycle before it burns us out.

Noyolee is either sleeping or procrastinating or both. Tell her to stop overthinking at munimns13@gmail.com



PHOTO: ORCHID CHAKMA



DESIGN: ABIR HOSSAIN

Animation is more than just children's cartoon

Critics and awards do not do justice to the art of animation

RAIAN ABEDIN

In 2022, during the presentation for the Oscar for Best Animated Feature, several comments from the presenters made me contemplate the general air around this medium of art. While animation is by no means a medium of entertainment lauded by critics in the academy (or really, most critics of an older age), having the presenters play off the entire medium as simple children's cartoons that parents have to suffer through is nothing but insulting.

This isn't merely centred around the Oscars, most critics tend to regard animation as a lesser form of art or entertainment. This has been the opinion for the longest time and is shared by anyone who considers themselves to be a "grown-up" too old to watch children's cartoons. Have things changed? Sure, on a more consumer level, the world is now more open to the many wonderful doors animation has enabled for storytelling. But for critics around the world, time seems to have come to a standstill.

Circling back to the Oscars, the award for Best Animated Feature has by far the shrewdest system of voting in place. There are no technical restrictions in place, allowing members from every department to vote. However, voters aren't even required to watch all the movies they vote for. This leads to many issues, with reports coming from members of the academy that their vote was cast into the only piece of animated film they watched, that usually end up being a Disney movie.

If even the most esteemed critics don't take such a prestigious award seriously, how do they expect the rest of the world to? I can tell you from personal experience that support for animation is overwhelming on an international level from creators. Artists of all kinds are enamoured with this medi-

um – not genre – that allows for the most varied and unique style of cinema. I have spent countless hours and sleepless nights watching animated movies and shows from far-flung corners of the globe, and have felt how ardent the creators' love is for their medium.

The dismissal of such a unique form of filmmaking does not help these artists or the entertainment industry across the globe, especially when an industry dedicated to animation can barely grow in so many countries. This is an issue that may be most visible at popular award shows, but it persists everywhere.

In Bangladesh, animation as an industry is far from thriving due to a lack of financial and industrial support. What little we see of animation usually comes in the form of short commercials and, in extremely rare cases, serialised animation. However, YouTube has proven to be a popular medium through which many independent animators release their own projects. As heartening as it is to see artists express their creativity in a variety of means, this highlights the exact issue animation is having today.

With no support from film producers and critics, we cannot expect the industry to grow at the pace that it should. It does not take too much effort to realise that animation is not simply just children's cartoons. Every year, we get to see some incredible work being released from Europe, Asia, and even by smaller studios in the US that do not necessarily fall under the trademark Disney family-friendly nature of storytelling. Instead, they choose to tell compelling stories with art styles unique to the directors and animators. These are worthy of recognition just as much as any live-action project, if not more.

Raian is currently watching Adventure Time, do not bother him at IG: @raian_is_burning