



PHOTO: ORCHID CHAKMA

Embracing personal space for healthy relationships

NAHIAN JAMAL JOYEETA

Although it is easy for young couples to get caught up in the whirlwind of romance, setting healthy boundaries for your personal space is always a good idea.

We tend to lose sight of ourselves as teenagers and young adults, lost in the intensity of our emotions. The joy of falling head over heels in love can make you want to spend every waking moment with your partner. Here's the thing, taking care of yourself and respecting each other's individuality is key to a healthy and happy relationship, especially when you're still figuring things out.

Finding your personal space doesn't mean you're growing apart or feeling disconnected. It's all about finding that sweet spot between being connected and having your own independence. As young folks, we all have our own unique tastes, dreams, and limits, and that's totally cool! By giving each other the freedom to express ourselves without judgement, we create an environment of emotional safety and security. Additionally, it sets a solid foundation for the future, allowing us to pursue our passions, nurture friendships, and take care of ourselves without feeling suffocated.

Taking care of yourself is equivalent to hitting the reset button. It allows you to refuel, contemplate, and gain perspective. You get one step closer to being more in tune with yourself and your own needs when you prioritise your own well-being and make time for things that offer you delight. This greater self-awareness seeps into your connection. Finding that sweet spot between supporting your own personal growth and growing your relationship allows you and your partner to thrive. Embrace periods of solitude to indulge in activities that offer you joy, and don't be afraid to prioritise yourself. A strong and fulfilling relationship begins with a healthy mind and self-care.

It's obviously very tempting to ditch classes or rearrange plans to fit in as many romantic dates as possible, but trust me, moderation and balance are equally important. Make time for your studies, hobbies, friends, and family. You might even discover new interests that you can both enjoy or support each other in. Remember, you don't have to lose your individuality in the name of love. It's all about finding that sweet spot where you can thrive as individuals while nurturing your relationship.

Embracing personal space isn't about pulling away; it's about finding your own identity while appreciating your partner's individuality too. When you value each other's personal growth, something truly beautiful happens, and that's worth celebrating. This kind of openness and transparency will strengthen your bond and create a deeper emotional connection that will last. In the midst of all those heart-pounding moments, don't be afraid to set healthy boundaries, carve out your personal space, and let your relationship flourish with a healthy dose of independence. You are still your own awesome selves with dreams, goals, and desires.

Spill the tea with Joyeeta on Instagram @nahianjamaljoyeeta

The emotional turmoil of handling a sibling's departure

RAFID KHANDAKER

Sibling relationships are unlike any other. You bicker, you fight, you compete over the tiniest things, and yet, after it's all done and dusted, they're the ones that you know will always have your back. This sort of unique relationship is what makes it so difficult, and frankly strange, to deal with them leaving the bird's nest and moving away.

Coping with a loved one's departure is nothing short of a form of grief. It is knowing that you're saying goodbye to the person you know today, and when they return, they might have already outgrown that version of themselves. Although this is a natural part of life, much of the grief stems from not being able to witness their growth as you always have in the past. And if they're an elder sibling, they probably even raised you, so being robbed of watching you grow is even more excruciating for them.

The tragic part is many of us don't have the emotionally free relationships with our siblings that would allow us to express these feelings. This is especially true for brothers, where toxic masculinity makes it so that displays of love or vulnerability are discouraged from a very early age, depriving us of the many facets that meaningful sibling relationships bring to our lives.

All of this makes the time leading up to the sibling's departure especially discomforting. Your heart wells with preemptive despair, knowing that you won't have their face to return home to everyday, you won't be able to plan out your parents' birthdays

and anniversaries together, and of course, who are you going to fight over the TV remote with anymore? Not only that, the stress of agonising over whether or not you've made the most of your time with them creeps in inevitably, and you begin to wonder if you'll ever have that chance again. And yet, you can't complain because you know it's probably for the best.

This cacophony of emotions is further surmounted by the more practical realisation that much of your sibling's responsibilities will now begin to fall on you. Whether it be paying the internet bills, doing the groceries or finishing daily household chores, the time will come when you'll need to rise to the occasion and handle these things all by yourself, without having your sibling help you or guide you through it. And if you've never had to do this before, it can be incredibly daunting.

Needless to say, it's never easy watching a loved one move away, whether it be to another area, another city or another country. And it's even harder when it's someone you've spent the majority, if not all of your life with. But the universe has a way of making us realise the value of things only when we're about to lose them. And maybe, despite the hurt, we can see this separation with our siblings as an opportunity for our hearts to grow fonder and more grateful, and use it as motivation to cherish the ones that we do have around us even more.

Rafid is evaporating in the heat. Send him your goodbyes at rafidkhandaker@gmail.com



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