

#LIFEHACKS

Unexpected life lessons you can learn from wilderness survival

If you are the average Dhakaite, there is a very high chance that you have swam in a swimming pool on numerous occasions, but never in a pond or any other naturally occurring waterbody. You also probably do not know how to start a fire without a matchstick or tell the direction without a compass! And...there is nothing wrong with that; these are skills that have little to no implications in our daily life.

However, is learning survival skills totally pointless? The answer is no, it's not. Although the odds of you ever having to utilise these skills are very slim (we hope that is always the case), it is always good to keep them at your disposal. Besides, they also come with a lot of benefits and insights which will help us

become better individuals.

The practicing of wilderness survival skills is heavily reliant on being mindful and being present in the moment. You often have to engage all of your senses and also get rid of any and all distractions (because you cannot afford them). This will undoubtedly help you become a more polished version of yourself.

As you delve deeper into learning more about survival in the wilderness and developing the skills necessary for that, you will inevitably learn more about yourself. You will get a better feel about how strong or fast or agile you are that under regular



circumstances, you will not get the chance to.

In addition to physical toughness, you will uncover facets of your mental grit as well that you did not know about. Besides, knowing that you can now hold your own in even the gravest of situations will also instil a sense of empowerment into you.

Given the fine margin of error involved in surviving the wilderness, obtaining the essential skills to do so also teaches people to be a calmer and more patient version of themselves. This not only helps you navigate difficult and unexpected situations in the

wilderness but will also help you navigate the various hardships of life in general and leave you unphased in the toughest of situations.

Not to make things grim but if we take into consideration the current geopolitical landscape and add the potential consequences of global warming down the line, keeping these skills at your disposal is a huge plus. You never know when you will need them. Skills like first aid, shelter and fire building can have a significant impact on the safety and wellbeing of you and your loved ones in dire circumstances.

By Irfan Aziz
Photo: Collected

HOROSCOPE



ARIES
(MAR. 21-APR. 20)

Difficulties with seniors could be unnerving. Emotional upheaval can disrupt your home. Think things through. Your lucky day this week will be Tuesday.



TAURUS
(APR. 21-MAY 21)

Residential moves will be favourable. Your stubbornness could alienate people in your life. Be prepared to overcome frustrations work. Your lucky day this week will be Tuesday.



GEMINI
(MAY 22-JUN. 21)

You can face health problems if you haven't been careful. Avoid going out unnecessarily. You will be in the mood for fun. Your lucky day this week will be Friday.



CANCER
(JUN. 22-JUL. 22)

Don't overspend on anything you don't need. Keep your feelings to yourself this week. Uncertainties in life can make you uncomfortable. Your lucky day this week will be Wednesday.



LEO
(JUL. 23-AUG. 22)

Don't make too many promises. Added knowledge will give you an edge at work. Financial trouble can be stressful. Your lucky day this week will be Sunday.



VIRGO
(AUG. 23-SEP. 23)

Trips will be exciting. Make extra money with any additional skill. Try to be reasonable. Your lucky day this week will be Monday.



LIBRA
(SEP. 24-OCT. 23)

Pleasure trips will ease the tension in your relationship. Do your homework before committing. Things at home will be upsetting this week. Your lucky day this week will be Tuesday.



SCORPIO
(OCT. 24-NOV. 21)

Disputes might lead estrangements. Don't be overly generous. Travel will enhance romance and adventure. Your lucky day this week will be Saturday.



SAGITTARIUS
(NOV. 22-DEC. 21)

Moneymaking opportunities will arise. Don't invest in shady ventures. Get more involved in group projects. Your lucky day this week will be Monday.



CAPRICORN
(DEC. 22-JAN. 20)

Get ahead at work by playing smart. Your personal problems will hold you back. Avoid putting people on the spot. Your lucky day this week will be Monday.



AQUARIUS
(JAN. 21-FEB. 19)

Use your many talents whenever possible. Responsibilities might sometimes feel like a burden. Go with the flow for once. Your lucky day this week will be Sunday.



PISCES
(FEB. 20-MAR. 20)

Concentrate on work. Social gatherings will lead to new romances. Focus on projects that improve your image. Your lucky day this week will be Saturday.



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