

## ELEGANTLY INTELLIGENT

**SABRINA N BHUIYAN**  
is a writer aspiring to elevate your thoughts with intellectually stimulating insights. She can be reached at [sabrinanbhuiyan@gmail.com](mailto:sabrinanbhuiyan@gmail.com).



Inspired by true events, "Adolescence" traces the thoughts and actions of a teenager in modern Britain. Delving deep into the psyche of the protagonist, this show brings out the severity of unregulated internet usage on impressionable minds and how this is shaping the way society is functioning at large.

On the surface, it seems innocuous enough. Just another thirteen-year-old with a smartphone trying to make sense of the world around him, leaning heavily on, well, social media and the internet. And then, as one peels off the layers, shocking revelations emerge!

Jamie Miller, the protagonist, is looking for guidance and support in navigating his emotions and understanding of the world around him. When he finds none, Miller turns to motivational speakers such as Andrew Tate and the likes of him to shape his ideas regarding the opposite sex and how to tackle his feelings about them.

What is extremely disturbing is that an entire generation of youth is depending on such volatile individuals with zero credibility for emotional guidance. Before "Adolescence" aired, there was not much dialogue surrounding the trend. It was not like we were not aware of the negative impacts of unregulated internet usage, but now it's more real than ever.

Jamie Miller's inner turmoil and eventual outburst made me, a parent of pre-pubescent children, and parents like me everywhere sit up and take notice.

# Adolescence — A Netflix show that's our wake up call



The build-up of the series is eerily similar to the way our thoughts shape around an unexpected event — one does not anticipate an impending calamity, and once in the throes of its aftermath, anxiety and tension ensue, and eventually our lives aren't quite the same.

From a regular viewer's neutral standpoint, this is a remarkable tale of lack of attention and understanding from the parents' part and how easy it is for children to get derailed in today's fast-paced world.



For parents, however, it is like a punch in the gut. Am I spending enough time with my children? Are they doing okay in school? How are they viewing friendship, and are they getting accepted by their peers for being who they are?

The greatest takeaway of the show remains the time-honoured values and principles of parenting — spend time with your children; be more involved with them.

As easy as it might be to just hand them a device to catch a much-needed break (the

lord knows we all need it) — hold back! Engage with them, do fun things together and try to get to know them. Their hopes, dreams, fears, wants, needs.

Children learn from parents and nurture the love, affection, kindness and empathy they receive at home. What they see at home, they imprint and mirror in their lives. Healthy relationship models at home are likely to encourage them to display similar behaviours outside too.

None of us is trained in child psychology, and it is impossible to discern at times what is really happening in their tangled minds. Yet, the only way to find out is by being a part of their lives, however they want us to be. Without judgment or condescension.

Most importantly, we must be judicious in allowing children to have access to social media. Constant connectivity is a source of stress and anxiety for adults, even more so for children and young children whose brains are still in the developmental stage.

"Adolescence" is more than just a show — it's a stark reminder that parenting in the digital age requires presence, patience, and proactive involvement. If we don't step in, someone else — often unqualified and potentially harmful — will. Let this be our wake up call to listen more, judge less, and truly connect with the young minds growing up in an increasingly disconnected world.

**By Sabrina N Bhuiyan**  
**Photo: Collected**

## KUNDALINI RISING

**SHAZIA OMAR**

Writer, activist and yogini  
[www.shaziaomar.com](http://www.shaziaomar.com)



# ZONE 2 CARDIO

## The path to longevity and good health



Luckily, walking in the park — my favourite way to unwind — is actually Zone 2 cardio. That means I can enjoy music, soak in nature, increase my step count, and burn fat simultaneously.

Zone 2 cardio involves exercising at 60–70 per cent of your maximum heart rate, a level where you can maintain a conversation but not sing. It's the sweet spot where your body efficiently burns fat and enhances aerobic capacity without undue strain. Think speed walking rather than running.

Engaging in Zone 2 cardio offers a multitude of health benefits:

**Enhanced fat metabolism:** Training in this zone optimises the body's ability to utilise fat as a primary energy source, aiding in weight management and metabolic health.

**Improved mitochondrial function:** Regular Zone 2 exercise increases the number and efficiency of mitochondria, the energy powerhouses of our cells, leading to better endurance and energy levels.

**Cardiovascular health:** It strengthens

the heart muscle, improves circulation, and can lower the risk of heart disease.

**Mental wellbeing:** The moderate intensity promotes the release of endorphins, reducing stress and enhancing mood.

**Sustainable fitness:** Unlike high-intensity workouts, Zone 2 training is gentler on the joints and muscles, making it suitable for individuals of all ages and fitness levels.

Zone 2 cardio not only promotes fat burning during exercise but also extends fat oxidation beyond the workout session. This moderate-intensity training enhances mitochondrial efficiency, enabling your body to utilise fat as a primary energy source for longer periods. As a result, you experience sustained energy levels and improved metabolic flexibility throughout the day.

Moreover, Zone 2 training helps

regulate cortisol, the body's primary stress hormone. Unlike high-intensity workouts that can cause significant cortisol spikes, potentially leading to increased fat storage, muscle breakdown, and disrupted sleep, Zone 2 cardio maintains cortisol levels within a healthy range. This balance supports better recovery, hormonal harmony, and overall well-being.

Incorporating Zone 2 cardio into your routine does not require expensive equipment or gym memberships. Aim for at least 150 minutes of Zone 2 cardio spread throughout the week. Consistency is key. Here are some accessible ways to get started:

**Brisk walking:** A 30–60 minute walk at a pace where you can talk but not sing.

**Cycling:** Riding at a steady, moderate pace on flat terrain.

**Swimming:** Continuous laps at a comfortable speed.

**Dancing:** Engaging in any dance form that elevates your heart rate moderately.

So, next time you are in the park, remember: you're not just relaxing — you're investing in your health.