

Feeling unsure? Here's why you should ask for help

Life is an adventure, and a challenging one at that. It can be unpredictable, difficult and sometimes scary. We often fall into tight spots that shake us to our cores, but what you need to remember is that you do not have to do it alone. You can ask for help.

It's okay to ask

The first thing that you need to realise is that it is okay to ask for help. Usually, we do not want to ask others for help, thinking that it might inconvenience them. Or worse, what if they hate us and do not want to help? Here's some news for you. There are numerous scientific studies that confirm that people are willing to help more than we realise. The catch is that you have to ask for it.

Maybe you think asking for help makes you seem weak. On the contrary. Asking for help takes courage. It takes the wisdom of knowing that you need assistance and you are strong enough to admit it. It confirms that you are wise enough to know your limit.

It builds a connection

There is an interesting psychological



phenomenon called 'The Ben Franklin'. It refers to the fact that a person likes someone more after doing them a favour, and they are more likely to do them another favour in the future. So, if you are looking to improve your relationship with someone, ask their advice or help. It shows that you value their insight and wisdom and admire their ability.

In addition, helping and asking for help builds loyalty. And if you reciprocate, a strong social bond is formed. Even a lone wolf needs some social bond to survive.

Respect people's time and know your place

Don't be one of those people from high school who never maintained the relationship for a decade, but then one day just calls you to ask for money! You do not

want to be one of those people who texts you to ask for help, but instead of getting to the point, just beats around the bush by reminiscing and asking about your private affairs for an hour before mentioning why they texted.

The invisible score

You have played video games, right? The more side missions you complete, the more score or reward you get, and it makes it easier to play the base game. Help is sort of like a side mission in that way. Sure, there is no official score on your HUD, but there is an invisible score going on.

The more you help people, the better you feel about yourself. Asking for help does not reduce your score; it builds a social connection; think of it like XP points. But you should be willing to help others when the chance comes because it also builds a reputation (even more XP points!) in your own social circle.

Be grateful when someone helps you, and try to help others without any ulterior motive. You will be positively amazed by the rush of dopamine that comes after helping people.

By Ashif Ahmed Rudro
Photo: Collected

#HEALTH & FITNESS

Protect your mental health while staying informed about world events

These days, it seems like each morning brings news of a new conflict somewhere around the world. As the world becomes more and more uncertain, people must make an important trade-off: turn off the news channels and risk losing the opportunities for contingency planning or stay updated by the minute, and often ruin their mental health in the process.

Fortunately, or at least as fortunately as possible given the circumstances, there is an in-between that can afford you some semblance of mental peace without having to forgo the important information relevant to staying prepared and making informed choices for your livelihood.

First, analyse what kind of news you require. Are you managing the supply chain for a multinational, handling finances and stocks, or simply have friends and family in a war-affected country? Instead of trying to track every headline, choose what is relevant to you and focus on that.

Next, schedule when you wish to receive news. Pick times when you are mentally charged and ready to take on some load because chances are, the news will either require you to take active steps



to prepare for a change, or it will pull you down mentally.

It is important to choose trustworthy websites and channels to source your information, rather than doom scrolling social media, which can be counterproductive. Use filtering tools such as news alerts on important topics, curated market reports, etc., that can cut through unnecessary sensationalism to get you news in the most clear and concise format possible.

Practising emotional boundaries is very important in times like these. While it is natural to feel deeply disturbed by what is happening around the world, it is also important to take care of oneself and not give in to impulses. Digital or social

guard-railing helps. This includes muting or unfollowing accounts that repeatedly monger fear and distress through their content, turning off unimportant notifications and setting screen time limits for yourself.

According to Educational Psychologist, Sara Mehzabeen, harrowing news, not unlike what we are being exposed to at

this moment, can shake even the best of resolves.

"And that's okay," she affirms.

She adds, "The first step to feeling better is to acknowledge your feelings of discomfort or sadness."

Distracting yourself is the second step.

"It may even be that one is unable to shake off feelings of despondency and distract themselves; that, in itself, is acknowledgement enough," Mehzabeen adds.

In moments such as these, she also suggests calming techniques such as sipping water and moving around, and grounding techniques, such as listening to distinct sounds and touching something around you.

We cannot control world events, but we can advocate for peace from where we are.

"Instead of constantly guilt tripping, look for ways to donate to charities that do good work, pray if that's something that gives you a sense of peace, or choose to raise your voice for causes that matter to you, to reduce feelings of helplessness," Sara Mehzabeen concludes.

By Munira Fidai
Photo: Collected

