

## **A Home Within Yourself**

Yes, as the title speaks for itself, this piece will be on the mixed feelings of thrill and dread of moving out. One word- Uncertainty. Uncertainty is what makes people uncomfortable. The myriad of 'What ifs' whizzing at the back of our minds with molecules of hope and anxiety accompanying it, can work us up to a lot of expectations or disappointments or maybe even both!

'What ifs', although daunting, when dealt with the right attitude can take one a long way. The right attitude determines most of the paths we journey in life. It is how you welcome the storm that matters. A piece of advice often passed around is to make uncertainty a friend. This is easier said than done because we are hard-wired to imagine the worst-case scenario of every possibility and how could we be friends with something that threatens to harm us. Why do we fear uncertainty? It's because we do not or rather take time to accept change, the inevitability of change pushes us out of our comfort zone, and this is what causes fear in us. Embracing change shall result in in-universe rewarding you. There are many reasons why one would move to a new city, for career prospects, academics, family commitments, etc. Whatever the reason might be, an aspect we can all agree on is, one's conduct in his personal life reflects on his professional one. So, this article enlightens us on how to tread smoothly through the troubles of being in a new unfamiliar space and hopefully the happiness cultivated in personal life will translate to a productive work-life.

An aspect we often ignore is emotional well-being, which decides how well we cope with the pressures of life. An important dimension of emotional well-being is emotional independence. To ensure independence one needs to revise his or her expectations of others, probably keep it basic in order to avoid disappointments. Have realistic expectations for yourself and others. Remember, only when you've done something soul-searching is this possible. A healthy dose of self-reflection would take you a long way! Another angle to emotional independence is approval, something we all need from our peers. If you notice yourself agreeing to someone you secretly disagree with because of fear of rejection, then it is advisable to do away with this behaviour immediately and to learn to hold your own. To hold your own, the two most important things to be followed are, firstly to be clear about the principles you want to lead life with and second, take responsibility for your happiness.

This brings me to my next point, find activities which you enjoy doing. Build a life of your own, especially when you're in a city where everything is new and uncertain, this is the best way to build personal and professional networks. Making friends is fundamentally important to make a home for yourself in a new city. As the old saying goes, human beings are social beings, it is important for us to have a sense of belonging, it is essential to have people around on the rainy and the sunny days. Turning into a social butterfly can come in handy in a new city, as it would help understand the native wit of people, their culture, behaviour, attitudes, thought process and language of the state. Join organised groups to maximise your interaction with people, it could be dance, yoga, cooking or even volunteering, mingling is absolutely essential. Go to everything you've been invited to, party, have fun, interact, converse and laugh.

Laughter is the best weapon to counter the stressful days and to do the same we need people around us to laugh it off. A hearty laugh at the end of a taxing day with loved ones, in my opinion, is the secret to success. It is our intelligence as human beings to cooperate and learn collectively that sets us apart from the other primates. Expanding personal network also provides a lot of exposure, as meeting people from various walks of life helps in understanding new perspectives and formation of diverse mindsets. This makes one less judgemental and opens the mind to possibilities.

Lastly, I'd like to conclude by saying, have as many experiences as you want! Make mistakes but don't go reckless, like we learn in business schools, take measured risks that would lead to wonderful heartbreaks, smiles and love along the way! Take time to acclimatise, as much as you need. Forgiveness is a priceless virtue, learning to forgive others and most importantly yourself, will help live a content life. So the next time you catch yourself being a worrywart about the 'What-ifs' whizzing in your head, put it all in the box of self-belief, trust that it would all turn out ok, because you will fly as high as superman if need be, to rescue yourself from any possibility.

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