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THE EXPRESS TRIBUNE

FEEL

**Balancing Work
and Play**
Embracing
a Fulfilling
Lifestyle

**Unlocking Your
Inner Artist**
The Psychology of
Makeup and Self-
Expression

**The Power of
Personalisation**
How to Infuse Your
Personality into Your
Home Décor

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Contents

Balancing Work and Play 3
Embracing a Fulfilling Lifestyle

The Evolution of Streetwear 5
A Journey from Counterculture to High Fashion Runways

Lighten Your Mood with 6 Easy Routines 7

The Power of Personalisation 9
How to Infuse Your Personality into Your Home Décor

Unlocking Your Inner Artist 11
The Psychology of Makeup and Self-Expression



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BALANCING WORK AND PLAY: EMBRACING A FULFILLING LIFESTYLE



Balancing work and play is the key to living a fulfilling and well-rounded life. In our increasingly busy and demanding world, finding this equilibrium is essential for our overall well-being. We cannot deny that work is undoubtedly important, as it provides financial stability, personal growth, and a sense of accomplishment. However, an excessive focus on work can lead to burnout, stress, and strained relationships. This is why it's crucial to make room for play in our lives. Play, in this context, doesn't just mean games and recreation. It encompasses any activity that brings joy, relaxation, and a sense of fulfilment. It can be pursuing your hobbies or spending quality time with loved ones, or simply sipping tea while watching a sunset from your terrace. Play recharges your mental and emotional batteries, fostering your creativity levels, and enhances resilience to life's challenges.



To strike the right balance, it's important to set boundaries between work and play. Create designated work hours and stick to them, avoiding the temptation to bring work-related tasks into your personal time. Similarly, when you're engaged in play, fully immerse yourself

in the experience, leaving work-related stress and worries behind. Prioritising self-care is another essential aspect of this balance. Regular exercise, meditation, and relaxation techniques can help reduce stress and promote mental clarity. These practices contribute



to a healthy work-life balance by enhancing our overall well-being. Scheduling playtime is a proactive approach. Just as you allocate time for work-related tasks, you should allocate time for leisure and enjoyment. Whether it's a weekly outing with friends, a monthly solo adventure, or daily moments of reflection, planned leisure time ensures that play becomes an integral part of your lives.

In essence, work and play are not opposing forces but complementary aspects of a fulfilling life. Balancing them requires mindfulness, boundaries, and a commitment to self-care. By embracing both work and play, you will be able to balance your life with richer and more satisfying experiences that encompass personal growth, financial stability, and the sheer joy of living in the moment!





In the dynamic landscape of fashion, the evolution of streetwear stands as a testament to the transformative power of style. You might be surprised to know that what once emerged from the rebellious spirit of counterculture has now ascended to the highest echelons of high fashion runways, rewriting the narrative of what is considered chic and avant-garde.

Counterculture Roots

This was an era representing rebellion in threads where streetwear's roots dig deep into the counterculture movements of the 1970s and 1980s. Born on the streets of New York and embraced by urban youth, streetwear was more than clothing; it was a visual rebellion against the mainstream. With its roots in hip-hop, skateboarding, and graffiti culture, streetwear became a symbol of authenticity and individuality. Logos, bold graphics, and oversized silhouettes marked its identity, mirroring the unfiltered expression of those who sought to defy sartorial norms.





The Rise of Sneaker Culture

Central to the streetwear revolution was the rise of sneaker culture. What started as functional athletic wear became a symbol of status and style. Icons like Run-DMC embraced the marriage of sport and fashion, paving the way for collaborations between streetwear brands and athletic giants. Today, sneakers have not only traversed pavements but have made their indelible mark on high fashion runways, with designers incorporating them into couture collections, blurring the lines between luxury and street authenticity.

Streetwear Meets High Fashion

The turn of the 21st century witnessed a seismic shift in the fashion landscape as high-end designers recognised the cultural significance of streetwear. Luxury houses began collaborating with streetwear brands, merging haute couture with the raw energy of the streets. Brands like Supreme, once synonymous with underground skate culture, found themselves collaborating with prestigious fashion houses like Louis Vuitton, transcending their counterculture origins.

Logomania and Influencer Culture

The rise of social media and influencer culture propelled streetwear into



the mainstream with unprecedented speed. Logomania, characterized by conspicuous logos and brand names, became a driving force. Streetwear became not just about what you wore but the story it told about your lifestyle and affiliations. High fashion embraced this phenomenon, with luxury brands incorporating streetwear elements into their collections to harness the power of hype.

Streetwear Runways

Today, streetwear has firmly established itself on high fashion runways, challenging traditional notions of elegance. Oversized hoodies, graphic tees, and utilitarian aesthetics are now showcased alongside haute couture gowns. Designers like Virgil Abloh and Demna Gvasalia have emerged

as trailblazers, seamlessly blending street culture with high fashion, democratising style and redefining the boundaries of what is considered runway-worthy.

In tracing the evolution of streetwear from counterculture to high fashion runways, it's evident that this cultural phenomenon is more than a fashion trend; it's a narrative of societal shifts, individual expression, and the constant dialogue between the streets and the catwalks. What started as a form of rebellion now stands as a powerful testament to the fluidity and inclusivity of contemporary fashion, where the streets truly influence the runway and vice versa, creating a vibrant tapestry of style that transcends boundaries and embraces authenticity.

LIGHTEN YOUR MOOD WITH 6 EASY ROUTINES

In the hustle and bustle of our daily lives, it's easy to get caught up in the stress and chaos. However, finding moments of joy and tranquillity is crucial for maintaining a positive mindset. Here are six easy routines that can help lighten your mood and infuse your life with a sense of well-being.

Morning mindfulness

Start your day on a positive note by adding mindfulness to your morning routine. Before reaching for your phone, take a few minutes to focus on your breath and set positive intentions for the day. This can help you cultivate a sense of gratitude and calm, creating a foundation for a more positive outlook.

Get Moving

Physical activity is a powerful mood booster. Whether it's a brisk walk, a quick workout, or a calming yoga session, exercise releases endorphins, the body's natural mood enhancers. Choose an activity that you enjoy and make it a regular part of your routine to experience the mental and physical benefits.



Create a Relaxing Space

Designate a corner of your home as a

personal oasis. Decorate it with calming colours, add some comfy cushions, and



provide a support system and contribute to an overall sense of happiness.

Reflect and Journal

Take a few moments each day to reflect on your experiences and emotions. Journaling can be a powerful tool for self-discovery and emotional release. Write down things you're grateful for, accomplishments, or any positive experiences. This practice not only helps you appreciate the good in your life but also provides a space to process and let go of negativity.

include elements that bring you joy, like plants or meaningful artwork. Spending time in this dedicated space allows you to unwind and recharge, providing a mental escape from the demands of daily life.

Digital Detox

Constant exposure to screens can contribute to feelings of stress and overwhelm. Schedule regular breaks from your devices to engage in activities that don't involve screens. Read a book, go for a nature walk, or simply enjoy a cup of tea without distractions. A digital detox can help clear your mind and foster a greater sense of balance.

Connect with Loved Ones

Human connection is a fundamental aspect of emotional well-being. Make time for meaningful conversations with

friends or family. Share laughter, discuss your day, or simply enjoy each other's company. Strong social connections



The Power of Personalisation

How to Infuse Your Personality into Your Home Décor



Your home is a reflection of who you are, and infusing your personality into your home décor can transform your living space into a unique and inviting sanctuary. Whether you're moving into a new place or looking to revamp your current one, here are some tips on how to personalise your home décor and make it a true reflection of your style and personality.



Start with a Clear Vision

Before diving into decorating, take some time to envision how you want your home to look and feel. Consider your personal style, favourite colours, and the ambiance you want to create. Having a clear vision will guide your decorating choices.

Embrace Your Style

Your home should be a reflection of your personal style. Whether you prefer modern minimalism, rustic charm, eclectic vibrancy, or something entirely unique, don't be afraid to embrace it. Choose furniture, colours, and accessories that resonate with your style.



accessories such as throw pillows, blankets, and decorative items. These can feature your name, initials, or meaningful quotes and phrases that resonate with you.

Colour Psychology

Choose colours that evoke the emotions and feelings you want in your space. For example, calming blues and greens can create a tranquil

Personalised Artwork

Hang artwork that speaks to you. Whether it's paintings, photographs, or sculptures, choose pieces that hold personal significance or evoke emotions. Display your own creations if you're artistically inclined.



Incorporate Your Hobbies and Interests

Showcase your passions and hobbies through your décor. If you're a book lover, create a cosy reading nook with a comfortable chair and bookshelves. If you're a traveller, display souvenirs and mementos from your adventures.

Mix and Match

Don't feel confined to one specific design style. Mixing and matching



elements from different styles can create a unique and eclectic look that reflects your personality. Experiment with textures, patterns, and colours to add depth and interest.

DIY Projects

Consider incorporating do-it-yourself (DIY) projects into your home décor. Crafting your own decorations or repurposing furniture can add a personal touch and make your space truly one-of-a-kind.

Family and Personal Photos

Displaying family photos and personal mementos is a great way to infuse your personality into your home. Create a gallery wall or use unique frames to make these cherished memories a part of your décor.

Customised Accessories

Opt for customised or personalised

atmosphere, while vibrant reds and yellows can add energy and warmth.

Create Conversation Starters

Incorporate unique or quirky items that spark conversation. These could be vintage finds, souvenirs from your travels, or even items that represent your cultural heritage.

Layer with Textures

Textures play a significant role in interior design. Experiment with different textures like plush rugs, velvet cushions, or sleek glass surfaces to add depth and tactile interest to your décor.

Evolve Over Time

Your personality and style may evolve over time, so be open to making changes to your home décor. It's okay to refresh and update your space as you grow and change.

UNLOCKING YOUR INNER ARTIST

THE PSYCHOLOGY OF MAKEUP AND SELF- EXPRESSION

Makeup has long been regarded as a form of self-expression, allowing individuals to transform themselves and convey their inner emotions and personality to the world. Behind the strokes of eyeliner and the choice of lip colour lies a fascinating world of psychology that explores how makeup empowers individuals to unlock their inner artist and project their unique identity.

The Artistic Canvas of the Face

The human face serves as a unique canvas for artistic expression. Each feature provides an opportunity for creative exploration, from accentuating the eyes with eyeshadow to sculpting the contours of the cheeks with bronzer. Makeup enables individuals to tap into their artistic instincts and use their face as a medium for self-expression.





Boosting Confidence and Self-Esteem

Applying makeup can boost confidence and self-esteem. The act of grooming and enhancing one's appearance can instil a sense of pride and self-assuredness. This boost in confidence can have a profound impact on an individual's overall well-being and how they interact with the world.

Reflecting Mood and Emotions

Makeup is a powerful tool for reflecting one's mood and emotions. Bright, vibrant colours may be used to convey happiness and vitality, while darker, more subdued tones can express a sense of mystery or introspection. Makeup allows individuals to communicate their feelings without uttering a word.

Empowering Creativity

The application of makeup is an inherently creative process. Mixing and matching colours, experimenting with different techniques, and crafting unique looks all contribute to a sense of empowerment and creativity. Makeup artists and enthusiasts alike find endless inspiration in the diverse range of possibilities.

Forming Identity and Persona

Makeup plays a pivotal role in forming



an individual's identity and persona. For some, makeup is an integral part of their daily routine, shaping how they perceive themselves and how others perceive them. It can be a means of projecting confidence, sensuality, professionalism, or rebellion, depending on the desired image.

Connection to Art Therapy

Makeup shares a kinship with art therapy, a discipline that leverages

creative processes to improve mental health and well-being. Applying makeup can be therapeutic, offering a sense of control and accomplishment. It allows individuals to channel their emotions and navigate the complexities of their inner world.

The Influence of Social and Cultural Norms

Society and culture play a significant role in shaping the psychology of makeup. What is considered fashionable or appropriate varies across different societies and time periods. Social expectations can influence an individual's decision to wear makeup and the styles they choose.

A Palette for Self-Expression

Makeup is more than a cosmetic product; it is a form of art and self-expression that allows individuals to unlock their inner artist. From boosting confidence and reflecting emotions to forming identity and connecting with cultural norms, makeup is a powerful tool for conveying one's uniqueness to the world. It is a testament to the rich interplay between psychology, art, and personal identity, reminding us that beauty truly is in the eye of the beholder.