

Everyday study a
particular subject
over a



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Everyday life can get mundane. Variety is the spice of life means that life could be made more interesting by making some significant changes.

The message conveyed by this phrase if taken seriously could change the course of our lives. It is good to try different things. After all, a rolling stone gathers no moss. Besides, it serves to break the monotony of our lives – one of the reasons for depression these days. If one is used to having lentil and rice everyday for lunch for a change a biryani is very welcome.

A cook uses different spices, different garnishes; each rendering the same dish a different taste. Similarly if we make changes in our life we could challenge the sameness and lead more meaningful lives. Variety in our lives does not necessarily mean that we go about making drastic changes. That would be disastrous at best.

When children study a particular subject over a period of time they get bored. A good way to keep the child's interest up would be to introduce some variety. A picture book or a game that teaches the child while he plays would be a good way to make him learn.

The youth are probably the most active. That is in part because at this stage in one's development one is more open to change, more open to learn new things and more open to experiment. Adults have a lesson to learn from the youth. One might get old physically but if the heart is young then the body will follow and try to keep pace with it. So what can keep the old, young at heart? The oldies should engage in new activities. Going for a walk day after day could get really boring. One would see the same faces and the same surroundings.

Instead one could go swimming, or join a yoga class, maybe. Many oldies who have joined dance classes have found that they have brought back the missing zing in their lives. Learning a new activity is not just fun it gives you the opportunity to make new friends. Just like a spice could ruin food if it is used in excess similarly variety could ruin our lives if we started applying it indiscriminately. Imagine a scenario where parents decide that they are fed up with each other and want to try new partners. Although this might sound interesting and exciting to them, it would be morally unethical and would damage the fabric of their family's existence. However that does not mean that they must lead a lackluster life. They could introduce variety by making some changes.

Instead of eating dinner every day, day after day with the family they could opt once in a while to go out for a candlelight dinner. Instead of watching a movie with the family every Sunday they could go out for a small excursion. Introducing variety in one's life does not have to be expensive. You just have to put your mind to it. As a family if you put your heads together you will be amazed at the suggestions your kids could come up with to make your weekends exciting.

When one leads an exciting life there will be no room for either depression or boredom. You will wake up each morning looking forward to a different day. So live life to the fullest. Experiment and innovate and you will find that variety can really spice up your life.