Destructuring arrays

const x = [1, 2, 3, 4, 5];

const [y, z] = x;

console.log(y); // 1

console.log(z); // 2

Destructuring objects

const obj = { a: 1, b: 2 };

const { x, y } = obj;

// is equivalent to:

// const x = obj.a;

// const y = obj.b;