



Dear Reader,

Have you thought about what you would do if you were trapped in a cave for up to 17 days? Twelve soccer boys and their coach managed to survive this long ordeal, thanks to their strong minds and the help of many Samaritans who rushed to their rescue. You might remember this as the widely publicised Tham Luang cave rescue of a Thai soccer team and their coach, in 2018.

Survival – what does it mean? All of us have an instinctive urge to survive. This is why we run or fight when we sense danger, for example, when we see someone coming towards us with a knife. We do it unconsciously and automatically, because we know we have to protect ourselves in order to survive. Animals too have a strong survival instinct, which explains why the deer runs frantically when chased by a tiger or why a horned lizard squirts blood from its eyes at a predator.

In this modern world which is constantly changing, we have to continually learn to survive new crises. During the Covid-19 pandemic, many people learnt to ride through the crisis, whether it was by succumbing to the illness or losing a job. However, humans are adaptable beings. History has shown that we have survived through the hardest of times, including two world wars and debilitating diseases like smallpox which were once thought to be incurable. The human species knows, instinctively, how to survive.

Now, back to you. How have you been surviving your tween and teen years? We give you some tips on how you can enjoy these memorable years. Read on!

Warmly,

*Shoba Nair*