

We all have areas in life that could use some improvement. Whether it's in our friendship, relationship or school, there is always room to improve ourselves. Sometimes when things aren't going right, we feel down and uninspired to carry on doing anything. We all experience that one way or another.

Every edition starting this one, Dialogue Magazine will be featuring a new reading to help with different areas of your life. The editorial team names this column "Lifehack". Based on urbandictionary.com, lifehack means "suggestions on how to reduce chaos and make people's lives more enjoyable."

I'm hoping that not only will this column encourage you to learn and read more in English, but it'll also help you be more motivated and handle the stresses of everyday life. This way we can be better learners, teachers, bosses, spouses, parents or whatever you may be! In this edition, Lifehack is encouraging you to practice "5 Mental Habits That Can Make You a Stronger Person". So, here we go.

We all have stories to tell and emotion to sort out. Express yourself in this column by sharing your experience in overcoming your life problem.

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The older you get, the more you'll realize that life is not always fair or nice. Sometimes it can be scary, frustrating, and stressful but you're not the only one. Everyone deals with ups and downs in life. But if we can think positively, the hardships of our lives may become easier to deal with.



Words by Mega Wulandari

*"I can shake off everything as I write;  
my sorrows disappear,  
my courage is reborn."*

Anne Frank



### 1. Be Willing to Take Risks

"Risk" (noun) is something that can cause danger, hurt, or loss. To take risks means to do things that may cause these dangers. But why? Think of people who go to casinos and gamble. Even though it is a risk (because they may lose a lot of money), they might also win a lot of money! That's why they are willing to take risks.

### 2. Embrace Change

When we "embrace change" we can accept and welcome change. "Embrace" means to accept something with enthusiasm. Sometimes change can be good, so try to "embrace" it.

### 3. Stay Positive

The opposite of "positive" (+) is "negative" (-). Positive is to be hopeful, enthusiast, and happy. When we are positive we don't think about all the things that are bad or sad but have a happy attitude.

### 4. Focus on What You Can Control

When we are frustrated or angry about something, it's very easy to sit and think about all the things that could have happened or should have happened. I do this a lot too! To focus on what we can "control" means to stop wasting time thinking about things that can't be changed. Focus on what we can do something about. "Control" means the ability or power to influence or change something. For example, "She has control over her husband"

### 5. Always Remember the Big Picture

"The big picture" is the situation as a whole (focus on the most important facts of the situation).