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Sometimes, a midlife crisis is actually ... an evolutionary tale.



I'M
OVER

THIS

IMPERFECTLY PERFECT

By KATRINA RUSSELL

I figured out, pretty early on, that I had more in common with Roald Dahl's *The Twits*, than anyone I should aspire to be. This has increasingly funnelled me to what I crown as my quatre-life crisis.

Yes, the midlife crisis has evolved to embrace the quatre-life crisis because this pandemic of perfection has set its eye on our younger selves too. Nothing is sacred and everything is for the gram. However, a rather wonderful unforeseen biproduct has parasitised this wave of socio-personal pressure.

Self-acceptance.

In a world where imperfection has been hounded out in every orifice of life; I am happy to announce, it is the dawn of a new day.

For too long, the ravenous global desire for perfection has permeated the flesh and occupied our digital, cultural and working lives. However, as artificial intelligence is set to take over the world [it happened generations ago. We've only just been told], we are at last accepting our mortality, and much to our relief, nearly all human.

The messy chic, anti-design, imperfect-perfection revolution has begun, and we are overjoyed. At

last, we can say #IMOVERIT. For generations, the uniqueness of our looks, thoughts, and approaches to art, politics, design, and style have been critiqued against a backdrop of collectively feared perfection. At last, our wonkiness, mental instability and inability to multi-task can leap out of the shadows.

With the rise of fantastic influencers, such as @celestbarber, we are finally not just accepting ourselves, but utterly falling head over heels.

Once I eased into what my quatre-life crisis represented and involved, I realized I was as far from a crisis as one could possibly fathom. I am in fact purging all I am not, and blossoming into who I was all along.

In nature all that is alive is in a constant state of flux, growth and change. To be still for too long is to stagnate. To feel you have to commit and conform to one state of being for the eternity of your existence is to sacrifice the gift of living.

We are not linear. We are organic, oscillating, mutating, writhing, dancing, laughing, learning, and evolving beings.

“A quatre-life to midlife crisis, is indeed an evolutionary tale.”



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