

## Letting Go of Control: A Lesson in Fashion and Life

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In our fast-paced world today, the desire for control often pervades every aspect of our lives. From meticulously planned schedules to carefully curated social media feeds, we are constantly trying to maintain a sense of order in our chaotic world. Yet, as we grapple with uncertainty and unforeseen challenges, the illusion of control can quickly unravel, leaving us feeling overwhelmed and powerless.

For Generation Z who have grown up in an era defined by rapid technological advancements and unprecedented global challenges, the theme of letting go of control holds particular resonance. With social media at the forefront of this generation, the pressure to maintain a façade of perfection can be suffocating. Yet, as the COVID-19 pandemic has underscored, life is inherently unpredictable, and the pursuit of control is ultimately ineffective.

As Marist fashion students prepare for the 38th Silver Needle Runway Show, their chosen theme, "Interlinked," sparks a conversation about control that extends far beyond the runway. When describing their mission, students encourage us to release our tight grip on control, and instead invite us to embrace the beauty of the uncertainty in the natural flow of life. Within the context of the fashion show, it encourages those involved to give up rigid plans and allow creativity to flow freely. Yet, its significance extends beyond the student produced showcase.

With its ever-evolving trends, the fashion industry serves as a metaphor for the unpredictability of life. From unexpected supply-chain shortages to last-minute changes on the runway, fashion professionals are no strangers to adapting to unforeseen circumstances. In fact, some of the most groundbreaking innovations in fashion have arisen from the willingness to let go of control. Consider for instance the rise of streetwear, a style that defies traditional fashion norms and celebrates individuality. What began as a small movement has since penetrated high fashion, challenging industry conventions and redefining the boundaries of creativity. This shift represents a departure from the rigid control over what was considered "acceptable" or "high fashion." This integration of street culture in haute couture is a prime example of the transformative power of releasing control. As seen by this example, embracing spontaneity can lead to innovative breakthroughs.

The theme's undertones about letting go of control serve as an important reminder of the power of resilience in the face of uncertainty. By embracing change rather than resisting it, we open ourselves up to new possibilities and opportunities for growth. As we navigate the

challenges before us, let us use the lessons of the fashion world and embrace the beauty of where life takes us. For it is through relinquishing control that we truly discover the potential of our own creativity and resilience.