

My Routine

In times of quarantine it is very easy to go crazy being stuck under the same roof every day. So, it can be useful to have a fixed daily schedule to maintain consistency in our lives.

Every morning I glance at the clock and realize that I don't need to be up so early for work. Despite my inner voice telling me not to reach for my phone and open Facebook, I end up spending twenty minutes scrolling news feeds.

After my morning tea, I like to do some stretching exercises. Then I sanitize all doorknobs and light switches, despite not having left home in a week.

Being in quarantine doesn't need to be so boring — I take all this free time as an opportunity to take up old and new hobbies. At school, I didn't have much time to watch all the movies on my bucket list. I'm so obsessed with Turkish shows that I finished the whole web series in two days. 😂

I love cooking and trying out new recipes so being at home gives me a great opportunity to expand my range of cooking. I've also planted different kinds of indoor plants. It honestly keeps my spirits up and I think it is a great way to cope with boredom.

Most importantly, I make sure to spend plenty of time with my family. They are in India so I video call them daily and spend quality time with them. Sometimes I think that it is good to slow down, express gratitude and appreciate everything that God has given us. Thank you.

-Simpy Tathgar

