

## Life in Quarantine – The Highs and Lows

At first, when I heard of “**lockdown!!!**” in Wuhan, construction of a 1000 bed hospital in a week in **China**, and the situation there, it took me a while to realize what was really happening!!!. Hearing the number of deaths and eventual spread of the virus to other countries and **Australia** is on the top 15 countries to be first affected, on the news, has got my parents **anxious**. They have started calling me up more frequently just to make sure everything is okay here. But I was quite **optimistic**.

I consider myself a very sedentary person. Usually, during the weekends, I tend to stay at home most of the time. **Quarantine** is not affecting what I would typically do with all this extra free time.

One of the things that changed is the shifting of my schedule. As I don't have to wake up early, I started to **wake up** later and to read the news for an hour or two before getting up from the bed to freshen up, and as a result, I am ending up skipping my breakfast mostly ☺. The other thing that changed in these unusual times is my cooking pattern, earlier it used to be two or three times a week, while it now changed to two times daily, and that too preparing a **proper perfect meal**. I have become the **chief cook** in my flat, and most of the time, the question I ask my flatmates is what we shall cook for tonight, or what curry you want tomorrow. Also, I have tried many **new platter** during this period (I never thought I could do ☺). I've learned that life and our habits can change in a second. I have never thought about this before, but this often happens. I have noticed how we often don't **appreciate** the simple things we have, such as going out with friends. Now that we can't, we realize the importance of these **little things**. Then I learned to wash my hands very well!

During the day, I read and learn new things, improve my skills, watch YouTube, or just **play Ludo** and Sudoku with my flatmates. So do have **fun** in life sometimes ☺.

While being graduated recently, and since I don't go out of the house anymore and I don't have any more commitments, there is **no difference** between **weekdays and weekends**. It's all the same. Life is less hectic. This allows me to think more, but sometimes, I get lost in distressing thoughts (for example, about our future). Sometimes I feel the lockdown is an opportunity to rest from the frenzy and try and **learn new things**, I didn't have time to do before. While coming to implement it, I feel lazy and feel that productivity has gone down considerably. Other times, I feel tired of living like this – and the fact that I can't go out drives me **crazy**. I miss being able to meet friends in person very much ☺.