

How COVID-19 changed my life.

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In this text I'll describe the changes that have happened in my life since the beginning of the pandemic to this day. Personally, my life situation changed only at the beginning of March, the government of my region is began to take steps in connection with the increase of COVID-19 cases. In one of the usual days I went to the University and saw the almost empty audience. The teacher told us that at the time of a pandemic our University switches on distance learning and sent us home. I was riding the bus home because it was raining outside and the conductor who gave me a ticket was already in a mask.

Waking up the next day, I thought about positive sides of the situation. It brought me a tremendous amount of time that was previously spent on teaching. I've decided to wake up each day at 10:40 a.m. because it seems most comfortable time to me. The next decision was to increase the reading time. I was returned to unfinished books and started a new ones, read several at a time, depending on mood. Reading stories by Alexander Solzhenitsyn I was wondering where I want to live sometime and thinking about my homeland a lot.

Despite the recommendations to stay home and avoid social contacts — I met friends. I knew that all of us either at home or together. We are didn't walk in the city like usual but take a car and went to explore our region. We saw destroyed churches that had no historical value because it was built in 19th century, admired the villages which had a lot of empty houses and buildings, looking for beauty where is no one noticed it. Some people was surprised by photos I posted on Instagram, they couldn't even guess where I was. Even though I have an unpopular profile there were a lot of questions about locations. After that I thought about the fact that people who live here are not very familiar with their native land. However, some go abroad saying: "we have nothing to watch, nothing new, I've been everywhere here". I like spending vacation abroad much better myself, but nevertheless I believe our their homeland is also necessary to

explore, especially when the trip does not take more than a day. I can say that pandemic made me look at another angle at my native land and also made me thinking about it's value.

I am apolitical person. I'am don't follow the political situation in the world and don't read social media that post political topics. I'm only knew about loud and worldwide news such as the economic crisis caused by the pandemic. People in our country in direct time mode saw the fall of oil prices, which is one of the main sources of income of our country and devalued of our currency. It doesn't makes me feel better so I don't usually follow this kind of news. 65% of the population of my country has no savings, while I'm sure at least half of them have any government debt. Looking at these statistics, I have a question: what will these people eat in the next 2 months? At these moments I begin to understand emigrants and political emigrants thoughts, and I have thinking a lot about how I would like to live and work in my homeland, if the conditions allow me to do it with pleasure. But some people were born and raised in other conditions and their thoughts were only about how well they live in their homeland and they won't leave it under no circumstances. “Do everything to provide people with the opportunity to live and develop together with their native country” – sounds like the goal of an ideal government in my opinion.

My birthday was in the middle of a pandemic. And I'm not a fan of birthdays in a normal time. I wanted to celebrate it in the nature, far away from city and people, but the weather was stormy. My best friends gave me a synth as a present. I've wanted to start playing again for a very long time, after almost 15 years. And synth found place in an empty corner of the room, a perfect fit. I have spent time every day, with few exceptions, on my new-old hobby since birthday. I consider the piano one of the most beautiful sounds in the world, so the lessons brought me great pleasure and comfort.

There was a lot of physical activity in my normal life before the pandemic. I like to practice yoga at home. My mom has very long time involved and I followed her example and liked it pretty much. I often made excuses during the normal routine of the week, and wasn't ready to get up an hour earlier for doing yoga. In case of the during situation I decided that I would exercise every morning before breakfast and joined the marathon "10 minutes of yoga every morning for 30 days". A month passed, and I practiced for 15 minutes every day and meditated after. I really liked my condition and continued to exercise. I also started doing

pull ups on the bar every time I walk past it. I felt a lack of movement because in ordinary life I walked a lot. I live in a small city where the distances are small, and I don't like to ride buses. These activities and forest walks help me to compensate this shortage.

I was surprised when I thought about it but even my basic habits have changed. I started eating a little differently, taking more care of my posture, taking a cold shower in the morning after yoga classes, taking a more responsible attitude to hygiene, and many other habits. In this situation, I am feel very pleasure that I don't have to force myself. Sometimes during my leisure time I'm watching online tours of various exhibitions and other educational materials, because we are getting almost useless tasks at the University remotely and teachers haven't conduct any lectures, although everyone has access to applications such as Zoom or Discord, which are perfect for this.

In conclusion, I want to say that everything is in our hands. You always need to pay attention to the positive aspects of any situation, they will certainly be found if you want so. And I was able to feel and realize every positive moment that happened to me in this period of time once again when I was writing this text. I hope that everyone who reads this text will remember the moments of happiness and appreciate them. No matter what anyone says, but humans is guilty in nowadays situation and in its consequences. It's time to think about yourself, resolve some inner conflicts, finally communicate with your family, learn something new, take a different look at some simple things, analyze it. Reconsider your attitude to learning, life, reading, to the perception of nature, to movements, and even to other people. Think about the value of social contacts. Do something useful. Thinking about life while sitting on the couch is certainly easier, but this is absolutely useless. I do not pretend to be a motivator or adviser it is only my humble opinion and all of the above seems to me absolutely obvious things that are guided by the majority of conscious individuals who really care about themselves and about what is happening around them. So I think we should take this pandemic as a lesson and learn from mistakes but also do not forget to live now in this moment!