

What I've done to get through the pandemic

In all honesty, I haven't done too much different from my pre-pandemic lifestyle, in that I was already reclusive and didn't venture out of my home too often. However, things that usually help me get by are video games and their accompanying communities, some may be more toxic than others and will generally be a horrible experience, but finding one group of friendly people who you can easily talk to can be a godsend, it has for me for my whole life. Also, another thing to note – music and exercise are excellent for getting the endorphins going and getting your head out of the situation, my mom recommended some low intensity training workouts on YouTube, and they were genuinely challenging and fun, I haven't sweated like that in a long time, and I can usually run a 5k any day of the week! Another thing which I wish I invested in before all this happened would be a home gym, or even some dumbbells, because when this all kicked off and I actually had the urge to lift weights again, I couldn't buy any equipment because everyone else had the same idea, so, don't plan for a pandemic in advance, just plan for the ability to exercise at home – it's an amazing investment. Another thing to note, while I didn't do this during my pandemic experience, getting out is the best thing you can do when it is safe – go for a walk, a drive, anything, just get out of that house or your brain will rot; if you can't just try and stay as connected to the globe as possible, find diverse friend groups and ask about their day, anything that helps stave off your own house becoming the whole world. Yet this last portion can be a little damaging and is entirely dependent on how you feel, the greatest take away from the pandemic would be to allow yourself to take a break, to relax – understand that you're in an irregular situation which has quite literally frozen the globe, forget the notion of individual productivity as your own mental and physical well-being must take priority in this situation. Your wellbeing matters, your work can wait, focus on your breathing and do what makes you happy, whether that be a video game, a movie, a nice bath or a walk. And remember, others are going through the same suffering as you may be, while you can't necessarily be with them or close to them, maintain communication and let them know they're not alone, tell them what I just wrote now.