

A simple guide to using your time wisely during a pandemic.

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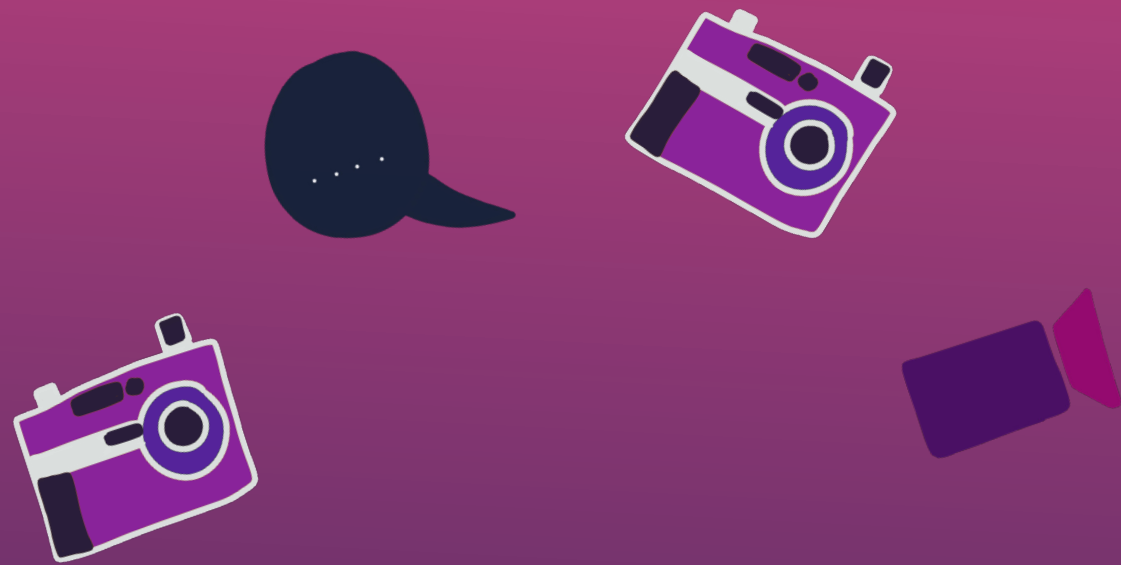
10 things to do while in QUARANTINE



Time management is one of the biggest enemies of the whole human race, if not, the half of it. Ones struggle with lifes where nothing is planned and they just go with what life is presenting and others planned every detail of their lives and are always occupied with full agendas doing things that they didn't want or have to do. However, that second group presume of how busy they are like if that would give them a title as "The Most Productive Person of the Year" I personally think that there is always time to do, what you have to do, what you need to do and what you love to do.

A new year start, 2020, all of us taught about the plans or goals we have, most of us even have lists that we want to accomplish as 2020 was moving forward. But... that happened, yes, the most trending topic around the word, COVID-19. We were not expecting a year like that Moreover, we weren't expecting that all our plans were broken into little pieces. No personal meetings, no vacations, no work, we got nothing. The most valuable resource that we all humans have -Time- was facing a totally distinctive perspective.

What can we do while lock down in our houses?, Is there something more than watching TV?, Can we do, learn, or practice something we really like instead of wasting time doing nothing?



CONNECT WITH PEOPLE YOU LOVE



We know that quarantine can be very lonely. We are all day at home without social interaction. That's sad. But we think you can also make things work out even at home.

Here are some tips to help you:

1. You probably have family outside the country or in the country that you cannot see. Schedule a time to talk to them and probably make jokes and have a great time together.
2. Call your friends and start a book club.
3. Call your friends or family that live alone so they won't feel abandoned.

TAKE CARE OF YOUR PLANTS



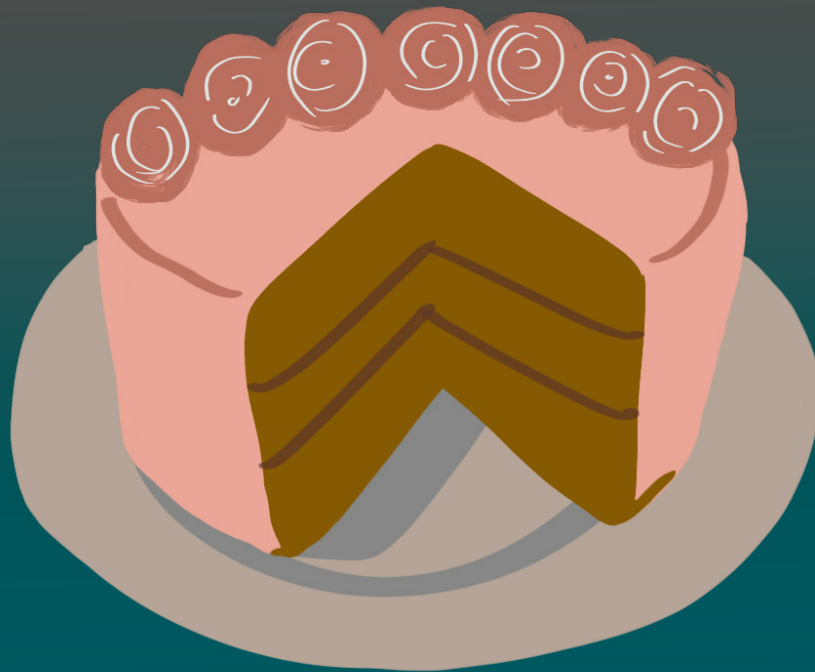
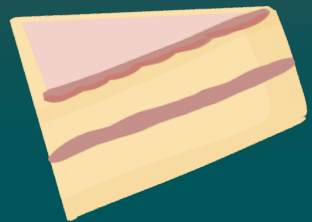
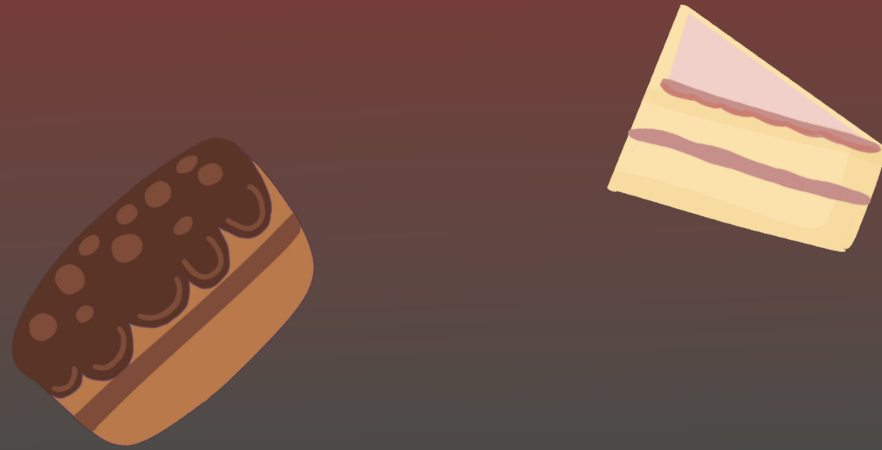
Plants are not just decorative elements; they can bring you so much joy once you learn how to grow them. The fact that plants require care as it were your family builds that capacity on you to care about others.

Have you known that plants can release oxygen to your house? Or they can purify the air?. Plants also bring that sense of nature to our home and help us feeling calm.

BAKE!

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Who does not like baking? If you do not, you like eating the cake and that would be enough

Benefits of Baking at Home:

1. You can control the amount of ingredients; put less sugar or fat you will have a healthy recipe in comparison with the ones we bought outside.
2. You can be creative, explore and try new recipes. You can experiment as much as you want.
3. Bake with a helper, it can be your sibling, child, or mother.
It's always good to share those significant moments with someone and then you can eat together.

BE SMART WITH YOUR MONEY

There is not so much that you can do in quarantine so if you are receiving money from your job, or the government do not spend it on close that you will use when quarantine is over. Use part of that money and save it.

Make plans, start writing a list of things that you may need in the future such a retirement, future education or vacations.

!Do not put excuses! You do not need a large amount of money to save it, or more economic stability you . start with tiny steps and you will succeed.



LET'S EXERCISE

Exercise instead of being a suggestion should be mandatory! Using quarantine to move your body is a significant use of your time. Exercise brings energy, a positive mind and awareness of your body it can impact you physically and mentally either you exercise alone or with company you will have remarkable results.

How can you make an Exercise routine in quarantine?

1. If you do not like doing it alone, schedule a video call with some of your friends and make your routines together.
2. Make sure you line up the days and time that works better for you.
3. You can exercise in a park and breath some fresh air.



LEARN A NEW LANGUAGE



With the invention of Google translate, it is impressive how old-fashioned look the idea of learning new languages. But let me tell you that learning a new language is one of the most benefit habits that we can accomplished.

Benefits of Learning a new language:

1. You can interact with people out of your comfort zone.
2. Your mind and brain will use parts that are dead in the rest. You will be open to innovative ideas, concepts, and cultures.
3. You can plan vacations (when it's possible) to practice what you learned while enjoying a different culture.



MAKE YOUR FAVORITE COFFEE DRINKS

The best thing is that you can make it for your family and friends when they visit you. They will be surprised when they see your new skills. You will spend less money buying coffee outside, also knowing the ingredients in how to prepare it is going to be more healthy.

Do you know that people get pay working at cafes?., There is not limits when we talk about coffee. You will enjoy your favorite drinks and probably (sooner) you 'll get paid.

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SELF CARE ROUTINE

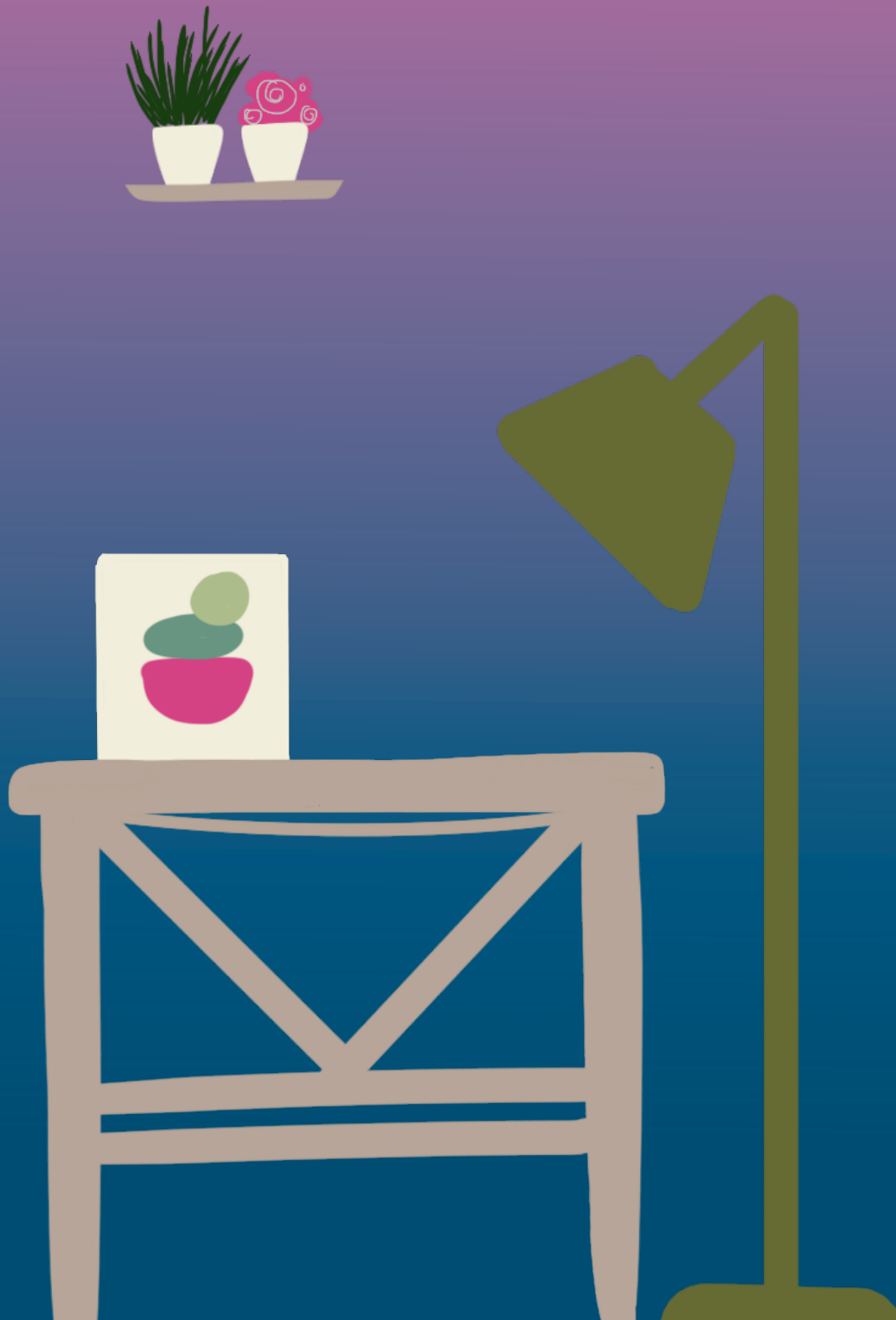
Though everyone has different skin and, therefore different skin issues, concerns, goals, etc. There are certain skin-routine rules that generally apply across the board. You can prepare your routine according to your skin type and moreover using the ingredients that are right on your kitchen.

Some tips that can help you in your routine are:

1. Cleanse
2. Moisturize
3. Protect
4. Add extra steps as needed or wanted
5. Start searching what works for you and give yourself some love.



ORGANIZE YOUR ROOM

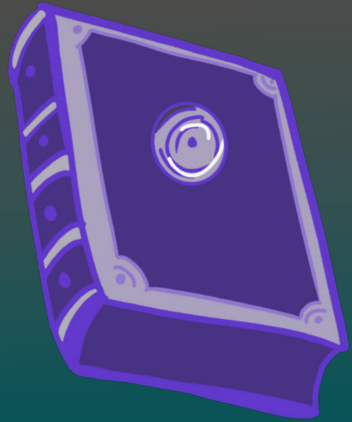
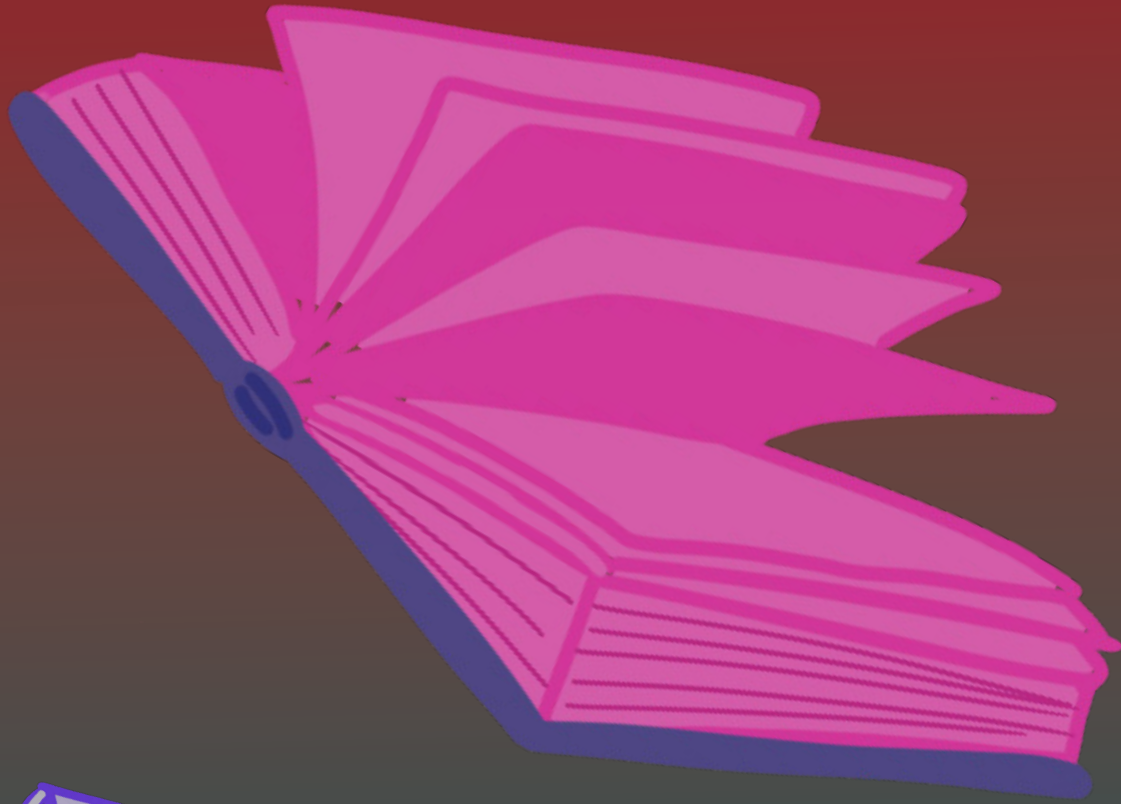


Know that this is not an option, everybody should have their room organized. But, let me tell you; the pandemic it has been an excuse to not clean your house even your room.

You do not have to do everything in one day, make a plan according to your needs and do it step by step. Small steps make you be consistent as you improve your tasks.

Benefits you will have by cleaning your room:

1. You'll find things very easy in case it get lost.
2. Have you realized how relief and distressed you feel when your objects are in the right place?



READ!

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There is literally not disadvantages when you read. Read is the most powerful habit that you can build. It takes consistency, open mindset and love for it. However, if you feel that you do not love reading, let me say that this is a habit that you can learn and once you realize the benefits you'll be a book lover.

What can you learn by reading?

1. It helps your creativity. You can have different and innovative ideas just seating in your sofa.
2. It opens your mind to new ideas about other cultures, concepts and personalities.
3. Empowers you to sympathize with other people.

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