

**Kaitlin Whalen****04/05/2020**

So, today is yet another Sunday in quarantine. Prior to quarantine I would use Sundays as a day to relax and get ready for the coming week, but now, being in quarantine, everyday feels like a lazy day and Sunday does not feel much different. All of the days lately have been getting blurred together and honestly time feels a bit fake these days. I was feeling a bit anxious and off over the past week so I decided to use today as a day to clean and get ready to attempt and have a more productive week. I folded my laundry, cleaned my whole room, organized my dressers, and made a to-do list for the week. One thing that I have found helpful has been making lists, either for the whole week or daily so I can visualize what I have due and the time I have to devote to each item. Even though it seems silly at times, the action of physically crossing something off of a to-do list makes me feel a little better and gives me an incentive to keep doing and finish the rest of the list.

Another thing that I have been doing to take my mind off of things is reading and writing. I recently started keeping a physical journal and I have found that it is a good way to ground myself and get myself away from using so much technology. Technology is the easiest thing to access right now so I have also been trying to use that in more productive ways, such as watching documentaries or reading articles from the New York Times. I also started reading *Little Women* today. I always loved to read, but I have found it hard to find time to read for pleasure since around sophomore year of high school. I have also been using makeup and doing my nails as a creative outlet to try and express myself. During a time where everything seems dull and colorless it is nice to have a way to bring color and art into your life. All of these things are helping me to find at least a little structure while being stuck in the same house with the same three people day after day, week after week.

April 3, 2020

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