

1. Online shopping: I know this isn't something many people would consider a good thing, but online shopping has become one of my favorite things to do. I am still able to shop but I can do so in the comfort of my home. I was not a big fan of online shopping before the pandemic because I like to try things on, but I have found that I am much happier shopping online because I don't get tired and I find many more useful things online.
2. Binging shows: Suddenly having all this extra time from being quarantined at home, I am able to watch more shows on Netflix and Hulu. So far, Bridgerton is my favorite new show and I am starting to watch older shows like Dexter and Supernatural. Binging shows is one of my favorite things to do because it stimulates my brain while letting me relax at the same time.
3. New exercise routines: Similarly to binging shows, I have also found myself setting new fitness goals. I found with all this newfound free time, I can do little workouts around the house while cleaning or going for a walk around my neighborhood. Exercising spontaneously and not making a chore out of it has increased my productivity level and makes me want to exercise more.
4. True Crime podcasts: I have a love for True Crime and this pandemic has led me to indulge in these stories even more. I really like this podcast called "Rotten Mango" on Spotify – the creator is so interesting and is amazing at telling the story. True Crime is really fascinating to me because all the crimes are true, they are all things that people actually did to someone else (most of them are serial killers).
5. TikTok: Being cooped up in the house has also caused me to become even more addicted to my phone and, therefore, TikTok. The app is great to entertain myself before bed or when I get bored of other things. The creators on the app have also taught me different

recipes or different “hacks” in daily life – and even medical/scientific facts! It makes me feel like I still interact with people.

Although COVID-19 has severely impacted everyone in many negative ways, there are still plenty of different things to make us still feel connected to the world and those around us. It is so important to find things to make you feel happy and bring some kind of self-care into your life during these times!