

Tips to manage quarantine and build memories!

With 2020 coming by, things are taking a turn that no-one expected the new decade to bring by. However, this is also the time to be grateful for what we have and be hopeful that everything should turn out just fine.

With all schools, colleges and offices being shut, it is an added pressure for all of us as we have to work/study from home or hostels amidst the anxiety related to the wellbeing of self and everyone around us. This time can also prove to be lonely or overwhelming for some of us.

However, with tough times, comes the opportunity to become tougher. Here are some tips that can make this time a tad bit easier and hopefully a lot more memorable:

1. Do follow a routine-Chaos may seem endless and you may feel overwhelmed. However, try and follow a consistent routine. This helps the entire family to understand what is supposed to be done and when. It allows the family members to respect your time as well. For the students staying at the hostel, it may be difficult to pass time or you may realise that time is passing rather quickly with not much being achieved. Following a routine can not only help you achieve your tasks on time but would also help you keep a tab on all your successes as well!
2. Share responsibility-If you are at home, there is a likelihood that your parents are putting in added efforts as the help may have discontinued. It is a good idea to learn to take responsibility! Sit down with all the tasks done by the family members and take charge of some of the tasks if not equally! Try to learn!
3. Try something new-with the advent of technology, it's a great idea to learn something new. This could be a hobby that you have been wanting to take up or a language that you have always wanted to learn. You can also consider setting up a routine with your family

members. Maybe Wednesday nights can be dedicated to playing board games and bonding!

4. **Get in touch**-it's the most accurate time to get in touch with your friends and family and let them know how much you care for them! Set up some video calls to finish that chit chat session you missed the last time!
5. **Self-Care**-Many of you may be commuting and spending a lot of time. As now, that time is saved, use this as your self-care time! Maybe start journal writing, gratitude jar, medication, gardening etc., anything that makes you happy!
6. **Gratitude**-this can be a time to be grateful to everyone and everything around you. You are blessed to be around people who love you and care for you. It's a really great time to let them know that you love them!

We as students have the responsibility to take charge of the situation and educate more people around us who may be unaware of their duty of staying home and staying safe. If you use social media, it's a good idea to use those platforms for awareness building!

Let's together deal with this challenge and create an example for the coming generations by practicing what is expected of each one of us. Let's unite to stand against it by staying away!

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