**MY CORONA LOCKDOWN EXPERIENCES**🦇

So all of this lockdown process started during a one week school holiday but it hasn’t finished yet. One week was three months and still it continues with increasing infected cases, restrictions, online lessons and leaving the habits that we used to have. First, I was really happy about the holiday. I was planning to do nothing. All I wanted was lying down, watching netflix and eating and I did that. I did not regret it all. I am going to talk about why I think like that later but firstly I'd like to share the situation before the lockdown and make it clear how my life was.

I was a pretty active person ( I used to walk to school from Beşiktaş, walk my dog twice a day nearly for 20-25 minutes and play volleyball 5 times a week ...) So when lockdown started, I was not moving enough. I nearly moved only for household chores. Because of this I felt sluggish and sleepy all the time and this mood caused me to lie down all the time and eat. So I did like that. I was lying on sofa or bed and watching netflix all day long. I think I liked watching every film and series there. As the days passed, I was bored of netflix and that was so shocking for me because before corona all I wanted was not going to school and to watch netflix. Also before corona we were having conversations with my friends about schools to close, chill and watch netflix. So imagine the shock that I have felt. As I said I was obviously not moving but eating all the time. So do not think like you are home so you possibly eat healthy. I was not. We were ordering chips, chocolate, coke, sweets etc. We were not doing this once or twice we were doing this all the time. We were cooking pasta, baking cakes to eat and tell ourselves that “we feel better” , “we will lose weight when the lockdown ends” and so many other things like these. I remember that I was in a mood which I thought like we were not going out very often so nobody would see me like this so I could eat and gain weight but it did not go like that. I was really unhappy about my physical appearance and that caused me being uncomfortable and sad.

On the other hand, I gave up joining my classes. I did not join or if I joined, I was only listening. I was not taking notes, I was not revising my notes and as a result of looking at the screen and watching TV all day my eyes was hurting. That also caused me not to sleep properly and I felt my brain was not working which terrified me. So I absolutely felt like I was not qualified enough for the school that I am in.

The day on which I listened to a podcast about scientists’ lockdown, I think that I should pull myself together. So I made a decision. I was going to limit my screen time and instead read books, learn, and start playing the violin again. That day I felt like I was doing this for a long time. After this time I started eating more healthily, walking with my mum, studying German and playing the violin. I felt relief. I felt like I was doing something productive that I could benefit.

But if I say that corona had just a bad influence on me, it would be wrong. I realised that I love going to school and I needed to go to school again because I was much more happy like that, how much I needed my friends in my life and how a great opportunity to be able to go out freely without overthinking and stressing . I was also with my family during lockdown so it was so much fun. We were having movie nights together, cardboard or card game nights, walking days and many more. I also started to work-out. I started lifting dumbbells and doing cardio exercises which really helped me feel myself better. It helped me to clear my mind and also gain back the shape of my body.

During the lockdown, I think we lost the sight of the beautifulness of our lives and cannot understand the importance of the things that we already have in our lives. Everything happened so suddenly, in a blink of an eye that we actually failed to understand how to cope up with the entirely new situation. I think that I can understand and adapt to the new situations more easily because of these hardships we are facing. We all can have bad mental health days, sleepless nights, anxiety, and whatnot. However, this lockdown taught me some valuable life lessons as well. Though we haven’t really gone back to the normal life, there is always something that life teaches us in its own odd ways. This lockdown period taught me that the past is gone, we cannot change it and the future laid uncertain right in front of our eyes, this very moment is all that we have. There is joy and peace in being mindfully aware of the moment, of the things happening within us. We should try having fun, doing things that give us joy and spending time with the ones that we truly love.

 **Özgün A.**