



A Student's Perspective re: What to do in Isolation

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Stuck in the House? Yea, Me Too.

Being stuck in the house does not have to be a boring or sad experience. During middle school and some of my high school years, I spent a lot of time in the house by myself due to my mom's work schedule, my sister's departure for college and a lack of transportation to take me to and from places. I had to find ways to keep myself entertained because let's face it, social media, Netflix, and TV get played out fast. If you are stuck in the house due to quarantine or you're practicing social distancing, here are some activities that you can do to be productive and get your mind off of the current pandemic.

1. Treat yo self!

Throw yourself a spa day. Self-care is essential for our mental and physical well-being, especially at this time. Here are some hair and facial masks that you can try made from household items!

Coconut oil and coffee grounds mask- Coconut oil is a great moisturizer to use for your hair and body. It's light and absorbs into your skin easily. Coffee grounds are a great natural exfoliant that will give your skin some glow. Simply mix the two ingredients in a small container and boom, you have a natural exfoliator. I recommend wetting your face before application and washing your face with soap and warm water after to make sure you rid your face of any left-over residue.

Avocado and mayo hair mask- I know. Stay with me here. Do you suffer from dead and or split ends? Ladies, you know what I'm talking about! If your hair has been feeling dry and or brittle lately because of the cold weather, your hair is probably lacking protein. Of course, you can buy protein packs from the store but if you are unable to, try this mixture to bring your hair back to life. Mash up an avocado and add a spoonful of mayonnaise to the avocado. Stir the two until you get a thick and creamy consistency. Apply the mixture to wet hair and let it sit for 20 minutes. If you can go longer, good for you but I personally can't stand the smell for too long. After 20 minutes, wash your hair with shampoo and conditioner. You can repeat this process once a week, but don't overdo it. Too much protein is not good for your hair!

2. Clean

Not only will your parents love you for this but turning on some music and cleaning is surprisingly therapeutic. When your environment is in order, your life feels in order. It's a great way to feel productive and like you have control over your life. This is merely my opinion. Perhaps there's some psychological research out there that supports this but again it's just a suggestion.

3. Journaling

Journaling is another therapeutic exercise that's good for your mental and emotional health. Write down your thoughts and feelings about all that's happening around you- the world, your home, and any and everything that is affecting you at this stage in your life. I started writing poetry and it's a great form of release and expression.

4. Exercise

I know for a FACT you follow at least one fitness inspiration on your Instagram and like all of their workout videos but never try them. It's okay we all do it, myself included! Even though the gyms are closed, now is a great time to get into shape. Try doing some simple exercises for at least 30 minutes a day. Some workouts can include walking and or running, 30-second planks, Russian twists, push-ups, sit-ups, and squats. There are a lot of Instagram and YouTube fitness videos with workouts you can try at home, so what are you waiting for? These gyms may be canceled but your summer body isn't!

5. Communication

Now is a great time to catch up with your loved ones that you were too busy to talk to before. FaceTime that friend that you haven't seen in a few months, call your great aunt, etc. Although face to face interaction is highly discouraged right now, don't let that stop you from connecting with others, especially since we have so much technology to help us do so.