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My activities over the last 3 months during covid-19 pandemic

It is never been a smooth journey for me during this period because there are so many things happening at a time and also trying to stay sane in it altogether. People dying everyday around the world and at the same time trying to study with distraction and trying to find positivity in the all negativity. And I've been trying to work on the positive aspect and it's been really hard. Because of the Social distancing of being at home all the time and it's really been out a hard battle for me and I've had different moments with myself. There are moments where I'm happy with what I'm doing and there are moments I've felt helpless. Keeping my motivation at the peak has been challenging, there by bringing about many starts and stops.

The first month of the lockdown I wasted a lot of time because everyday on my social media: Instagram, Facebook, TikTok, Snapchat, WhatsApp, etc. even after attending online classes I find it hard to go back and study what I've been thought. I did everything except reading.

Then, I had a turning point I was so much motivation to open my books, to study, to do everything I could but the motivation lasted few weeks. At the same time I have dived into so many areas: coding, learning a new language, listening to audiobooks and trying to watch educational videos like TEDtalks. And they've been really helpful.

But right now I'm trying to work on my motivation. And daily meditation has been of great help. I've been practicing a bit of Tai chi and Qigong.

Though I've had unstable moments, I'm pleased I can still point to so positivities in my life during this pandemic .