

“Trust In All That Is Good”

This Quarantine has got us in the dumps, but I believe that we will get past this speed bump. I too have been a little down, but even I have been able to come around. If you look past the bad, you might see the good and I'll be very glad if you could. Below you'll find ways to have a little fun, maybe it will encourage you to go outside and get a little sun. These are some ways that help me cope, so that during the day I don't have the need to mope. To start things off, I stay on track, by compiling a list of the things I need to attack. In doing so, my day's planned out so that I have no doubt that could be brought about. I do attendance so that my school has dependence that I am present during the day which then leaves them at bay. By doing attendance I have the time to be at my prime so that I can do anything at any time. I brush my teeth and wash my face to erase all the dirt that the night before placed. Some activities I do to keep on pace help me so that I don't dream about space. I workout in the morning to Chloe Ting hoping that I won't pull a hamstring. Working out is lots of fun, anyone can do it but you just have to work for it a ton. I have some morning coffee to keep me awake, so that I don't break and get a headache. Hopefully so far this poem has done something that can give ideas to you and everyone. I know it's not great being stuck everyday, but if you look forward to Friday maybe those feelings will sway away. Some hobbies that help that give something to do, consist of painting, playing, and doing things out of the blue. During this time if you try something new, you never know if it's going to be something you might stick to. For many days zoom calls have been the new thing, it helps to communicate for anything. As we all know our screen time has taken over our phones, but I just want to let you know that we are apart but not alone. If you still feel bored and don't know what to do, I encourage you to see this quarantine from a different point of view. There's not much more to say except for this plain fact, this time might not be fun but there are ways to leave a big impact. You might be at home feeling helpless as can be, but I can assure you that you'll one day be free. If this poem doesn't help you to see all that you can be, I encourage you not to wait and call 888-222-2228 or confide in a (trustee). Overall, we both know that one day we'll all go out, it might be a while but if we all keep hope, I don't believe we have anything to worry about:)