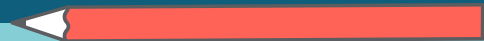
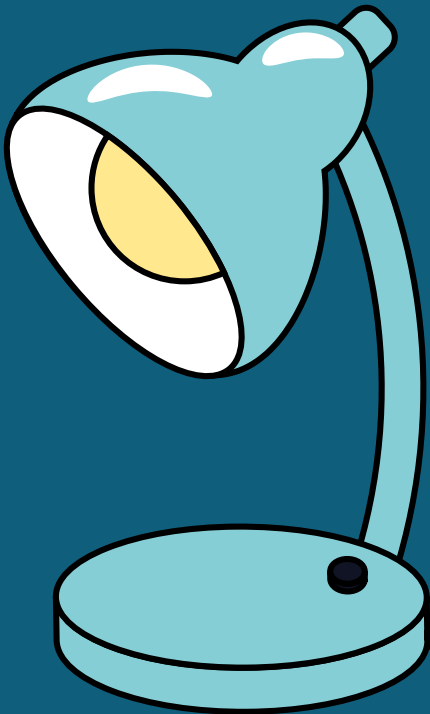


YOUTH BLOGS



04. MAY. 2020



#PYLBLOGS #CLAPFORTHENHS #STAYHOME
#STAYSAFE #WASHYOURHANDS

The pandemic we find ourselves in today has been, an event that began off as extremely difficult to deal with. I remember as a kid being grounded; never did I imagine a whole country being grounded. I remember when my parents would ask me, “why don’t I spend more time at home”, now they ask me, “why don’t you go out for a walk”. When I think about it, the shift in attitudes is quite interesting and at times quite amusing.

Initially, I was quite down and demotivated at the announcement of lockdown. I did not want to communicate with anyone, I was annoyed everything I had planned ended up being cancelled/postponed, and overall I felt really lost. However, I knew I could not carry on with that attitude. The saying, ‘necessity is the mother of invention’ became so literal and evident; just have a look at the Tiktok’s people have come up with! The creativity has been extraordinary.

Reactance behaviour also became prominent. I do not necessarily believe it was an unpleasant one. Take me for example, I felt that I had my free behaviours threatened. However, after a small epiphany, I used this motivational arousal positively. It has always been survival to be able to adapt. I told myself; lockdown shall not be lockdown. Lockdown shall be preparation and planning. Maybe, I was trying to do too much at one time before lockdown? Maybe I was getting ahead of myself and rushing through everything? Maybe, I did not even out the eggs in my baskets? Now, has been the time, more than ever before, to sit down and prioritise, to thoroughly plan my goals and ambitions and to remind myself of the activities I became unaware of.

As a person who suffers from Schizophrenia, I used to isolate myself and take myself away from society. It might have been easier to go back to that route because of lockdown. However, nothing worthwhile comes easy and that is simply how I worked it out. A challenge can be positive. Coming out of your comfort zone can have its perks. Trying something new that you may have not had the time to try before, may just unlock a skill you were never aware of before. In these circumstances, time is not an excuse. A schedule is mandatory.

So, this is how I am getting through lockdown, although my mental strength is not the best, practice makes perfect. Every morning, I brush my teeth, I take a shower, I have breakfast and then I get dressed. Dressed as if I was going out because, it is easy to fall into the habit of staying in your pyjamas but for myself, I try, simply to maintain my self-esteem. Then, just before lunch I go for walk with my dog. After lunch, I read a book. Now, I am a Muslim therefore I do pray five times a day. So just after reading my book I go along to pray. As a note, staying committed to prayer in these circumstances, has been extremely valuable.

Next, I will have some leisure hours. This may consist of a series, a movie, or a documentary. I do like to learn new skills and expand my general knowledge; therefore, I try to focus more on documentaries and DIY's. It is important not to overwhelm myself. Following this, I now like to keep my mum company in the kitchen while she begins to prepare dinner. It really is nice connecting with my family. The evening is a bit of a freestyle.

In conclusion, at the start of this I mentioned the shifts in attitudes. That was not only of others but of myself too. I also mentioned adaptation. On a normal day I would have been the kind of extrovert that would spend majority of his day outside. Yet now I have learnt to appreciate the 24 hours in a day much more. I have been able to really connect with my family. And lastly, I have been able to develop some unique skills. So, in a nutshell, yes lockdown is quite detrimental however there is always a way around situations and there is always a way of switching a situation from negative to positive. It just takes time, and we have a lot of it!

One thing on my lockdown bucket list is creating an inventive TikTok!

Antonio