

Lockdown Life – by Rocky Perrin

If you're reading this newsletter that means you don't know what to do with yourself in quarantine, but don't worry I'm here to suggest some things to do.

1: do something creative. If it's decorating your house, painting, gardening, building something from scratch, making a video/short film or anything really, just do it. Get started, don't procrastinate anymore, you have no excuse to not do it now.



2: learn an instrument. It doesn't matter how old you are. Did you know Mozart didn't start learning an instrument until he was 27? Now that's a total lie, but if you have time to read this newsletter you have time to learn an instrument. Go online, you can find anything on YouTube.

3: exercise. Get big, get thin, get fit whatever. Now is the perfect time to get in a little exercise, go for a run, do some push-ups or sit-ups or lift some weights. The point is, it's good for you both mentally and physically, plus you can impress your friends with your new toned body.



4: help others. Anything, small things. Take someone's dogs out for a walk, go on a little shop for them, deliver to the vulnerable around your town, even just giving your loving grandma a call. It does make a difference, you don't know how much people appreciate a helping hand. It is rewarding.

5: keep in touch with your friends and family. It is always a pick-me-up for you and them, if you're feeling a little down and depressed, it's a really good thing to do.



6: learn a language. With apps like Duolingo, it is now easier than ever to learn a new language. Whether it's Spanish, French, Japanese, German or whatever, it is a really good skill to have and opens up the world to you (when we're allowed to travel that is).

Listen maybe none of these things are for you, maybe they are, it doesn't matter because if you're bored or anxious or just looking for something productive to do, you should just get busy, do something, do anything. The worst thing you could do right now, is nothing.