

This COVID-19 time is tough, the only thing you can do is to use it

Hello, this is zhuoran yang, you can also just call me Kevin. Honestly, I ever thought this disease can get this serious. Right before I came back from the winter break from China, I heard there were some weird diseases appeared in China. But in my opinion, it is just a new fever which will be healed by eating some medicine or seeing the doctor. I still remember when I was eating the Chinese New Year dinner with my friends here in Purdue, we were talking about the possibility that this disease can get to west Lafayette, because comparing to some big cities, the population in west Lafayette is quite small. And we are not some party schools that always have students from different schools visit. However, my opinion was changed immediately after this disease appeared in the city we lived in, which is the main reason why Purdue was forced to close the campus. This is the time when me and my friends realize this disease is not easy to deal with.

With the increasing of the people who are infected every day, Purdue realizes that they are not going to open the campus again this semester and instead, the school is going to offer us online teaching classes. Me and my roommates are also getting in that serious mood too. We are not going out that often anymore, except the time we need to go get some fresh food from the supermarket. We are not going to the fitness center anymore, because we are worried to get infected. Honestly, at the beginning, my life was chaotic though February to March. I must get used to the online classes, I lost my passport and my visa expired which means I possibly can not even going back to my own country during the summer, my girlfriend broke up with me, and me

and my roommates have to stay at home every day, with nothing to do. I felt like my life was getting to one of the worst points at that moment, but there is nothing I can do.

However, during this time, two things saved me. One is working out at home, the other one is cooking. Since I was tired of playing video games and study every day, I decided to make some changes. I set an alarm at 8pm everyday to remind me the fitness time, we do pushups everyday. And, I am tired of cup noodles. So, I went through many cooking channels on YouTube and learned to cook some basic Chinese food. "If I have plenty of time, I need to use them as efficient as possible". This is a lesson I learned from this special time. Honestly, I want to treat myself nicely during this time to keep myself always in a good mood, so I am not forcing myself to sit in front of the computer to study 8 hours a day, but instead, I built some interests that can benefit me for the rest of my life. Look at me now, coming back from the bottom and getting stronger every day.

In conclusion, this is most the third month of the isolation and I already gotten use to this life. Everyday I woke up at 10am in the morning, cooking myself some breakfast and I went back to my room to study for like 4 hours to finish up the works I have for my summer classes. Later I ate a quick lunch at around 2:30pm. After my roommate woke up, I will play some video games with him. At night, after we finished our dinner, we will do pushups at 8:00pm and work our abs the next day at the same time and repeat it. This is my life right now honestly; it is bored but energetic. During this disease time, there is nothing we can really ask for. Humans are weak when they are facing the environment. Therefore, the only way that is going to make yourself feel better is to get used to it. I want to give a suggestion at the end, "finding one thing that you

are interested, that you can put all your efforts into it every day, no matter how small it is or how boring it is, but do not do something to hurt your body. you will see the changes in 2 months”.