

Lessons I Have Learned from the Coronavirus Outbreak

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Everything has been a mess since the coronavirus outbreak. We are forced to stop any activities that involve crowds gathering and schools are suspended.

It is a big challenge to achieve self-learning without getting distracted. Temptation is everywhere when we are in a comfort zone. We rely on phones and the internet to reduce our boredom. But is it worth

spending the entire day in a virtual world? Of course not! Getting actually involved in activities brings more satisfaction than watching videos all day.

To my delight, I have come up with some ideas about spending time at home. It is now the moment to take up jobs that have been delayed for ages. I finally have time to do some drawing! I can also read, listen to music, play the piano and tidy up my bedroom. If I do not have the motivation to take up schoolwork, I will first do something enjoyable and refreshing to boost my positive energy. Then I will be in the mood to cope with the difficult task afterwards. It is worth a try!

Even if none of these works, it does not matter. Some people may think that staying at home all day ruins everything as there are things that one cannot accomplish by oneself. But if it is God's plan, then let it be. Do not take things too seriously. Learn to take a break once in a while! It is good that I get enough sleep almost every day as the school is closed temporarily. Let us relax and recharge ourselves during these tough times. Health is our biggest treasure after all.

I am the one to consider my way of living. When life gives me a hundred reasons to break down and cry, I will show life that I have a thousand reasons to smile and cheer. There are plenty of lessons that I have learned over the past few months. I have learned to be patient, to let things go, to accept and get along with my emotions and always to look on the bright side of things. Most importantly, I have learned that I am not alone. I get support from my friends in these difficult times. In fact, this is a nice opportunity for friendship to blossom. Praise God and be thankful for small gifts in life. Time heals everything. Let us stay strong and never lose hope.