

# A year in lockdown & young adulthood



March 2020



When lockdown was first announced, I took to the great outdoors to release some stress. Facemasks became a must and I had to adapt to the *new normal*.



April 2020



I spent a lot of time on finalising assignments for my last year in college, with the help of coffee for sleepless nights.

May 2020



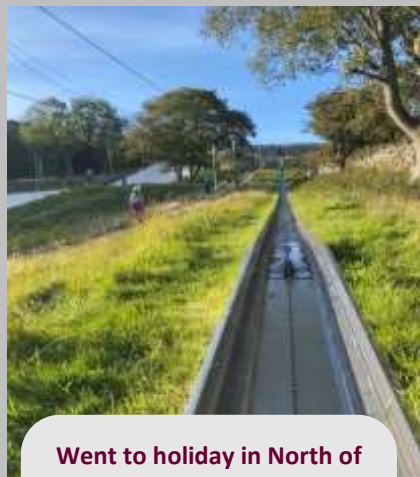
I turned **18** in lockdown and although it was special it was not what I had planned! ☹️

June 2020



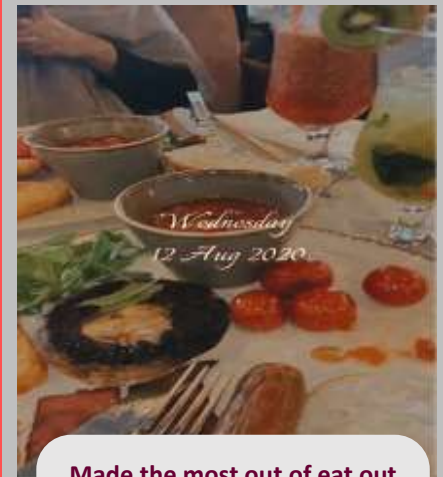
It was a very peculiar and sad to celebrate Eid without extended family, but I still held a smile.

July 2020



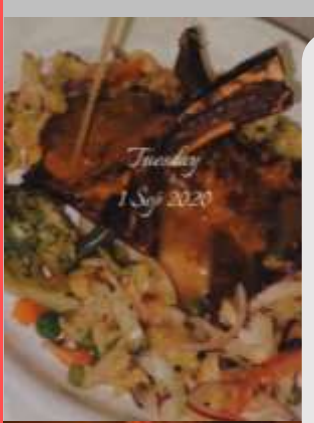
Went to holiday in North of Wales, for a caravan holiday with family. Enjoyed the views and it was a great escape.

August 2020



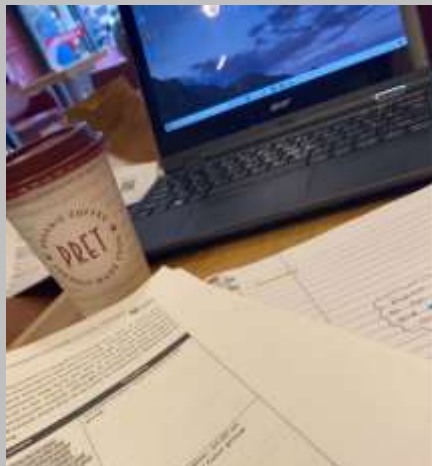
Made the most out of eat out to help out, with many meals out and days out to the beach.

## September 2020



I started university. With the days getting shorter, I immersed myself in finding new ways to take care of my mental health – like burning candles whilst studying. I also learnt to cook a few new dishes.

## October 2020



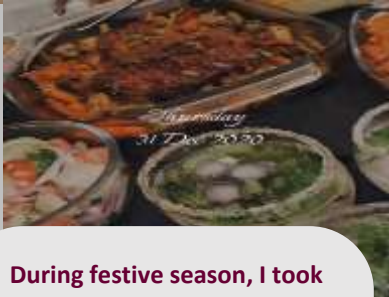
As lockdown was slightly eased, I was able to return to Pret and support local Cafes whilst studying – this helped my mental health dramatically.

## November 2020



I was quite busy with university work as well as juggling part time work with my role as a Peer Advocate and Young Advisor. I thoroughly enjoyed keeping busy.

## December 2021



During festive season, I took some time to enjoy the colourful lights of London and experience new cultures. I also had a delicious meal to celebrate late Christmas and my brother's birthday/ New Year's Eve with a meal that took 7 hours to cook!

## January 2020



Did a lot more self – care this month because I felt my mental health plummet with university deadlines and new lockdown.

Also went out for lots of walks and did more exercise and got into a routine to help me through.

## February 2021



This quote is what got me through the changing year of 2020, and to new beginnings.

Facemasks were still a part of our nature, and I just tried to style them a bit better.

YOU HAVE GOT THIS