

What Not To Do During Quarantine

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During times like these, boredom strikes us all which can lead to rash, impulsive decisions. “An impulse decision is a choice that is made without deploying our powers of reasoning and rational” says Solis Arr, former Director of the Student Resource Center at University of California. These decisions typically lead to consequences such as regret. Here is a list of decisions that many people have made during these times that should be avoided:

1. Do not impulsively dye your hair...or cut your bangs.



The pictures online and on social media are cute but should not be done at home, because once your hair is dyed a crazy color, it is hard to go back. For an alternative, use temporary dye that doesn't last! For the bangs... just don't do it, no matter how tempting it may be.

2. Do not buy a bunch of random do-hickeys on Wish or Amazon.

Boredom makes everything on Amazon look necessary but those \$30 LED lights aren't. During these times, try to save money for truly necessary things such as food, clothes, etc. But if you are wanting to send a little, an alternative is to buy things that will fix your boredom such as coloring books, board games, etc.

3. Do not buy all of the toilet paper... please.

There is no need for an explanation, just don't do it.

4. Do not dwell on that embarrassing moment in 6th grade on the first day of middle school when you thought an upperclassman was waving to you so you wave back, excited because

you thought maybe you made a new friend. Then she gives you a weird face and you look behind you and realize she was waving to the girl behind you and not you because no one waves to strangers to be polite.

I don't want to talk about it, but do not dwell on the past! This is unhealthy and can cause more stress. Instead, focus on the now and yourself, for example, figure out how you can better yourself and your mood.

5. Do not lay in bed all day on TikTok or Netflix, there is a thing called the outside, go explore.

Social media and your technology may seem like your best friend but too much of it can cause a lot



of issues including eye strain, neck strain, lack of motivation, and more. Go explore your neighborhood or nearby park trail.

If you don't like walking, put your phone away, go outside, and photosynthesis.

6. Do not forget how amazing you are!

Like most people, you might be wearing the same clothes for multiple days with bed head but this messy look does not

define you! No matter how you feel right now, here is a reminder that you are amazing and nothing can alter that.

7. Do not skip your zoom or google hangouts with your teachers.

Just because no one can go to school, does not mean it is canceled. When your teachers make a google hangout/zoom class, go! They are the perfect time to ask questions, see your classmates/teacher, and take notes.

8. Do not compare your awesome dance moves to Charli D'Amelio

TikTok has become a real obsession for the majority of teens and the dance videos are everywhere. Whether you are learning them to post or just for fun, remember that no matter how good or bad you are, just have fun.

9. Do not forget to shower.

Just because you aren't going anywhere, does not give you the right to stink. Also, with the virus going around, it is very important to clean yourself.

10. Do not go see your friends... stay home for those who can't fight the virus, even if you can.

This is the most important one on this list. Staying home is not an option, please follow the rules because you are saving lives when you stay. To those who are currently working or know someone who is, thank you for fighting for those who can't.

