

MY LOCKDOWN EXPERIENCE

BY NEELA DHAYA

For me, Lockdown has meant tremendous freedom. Freedom you ask?

For starters, staying at home is a luxury, and not having to navigate through the pela pela taxis and crazy motorists who have their own traffic rule book is a stress which I relish not having to endure daily.

And of course, being at home means I get to indulge all those creative skills and hobbies that I just never seem to have sufficient time for in an ordinary workday.\

BAKING- beautiful biscotti, palmier or pigs' ears, breads, rolls, cakes- all made from scratch ... such deliciousness, not sure I could ever enjoy the store-bought ones anymore.



SEWING

Before lockdown I could browse Pinterest but with lockdown, I now have the opportunity to browse and execute... so those beautiful crochet blankets, scarves, pouf's and amigurumi toys finally completed and what a great sense of creative satisfaction and achievement.





Masks and masks and masks.... Different colours, styles and sizes. Some with wires, some without wires ... I've finally been able to put those material offcuts and my daughter's ballet elastic to good use. Those fleecy pajamas promised to my daughter, matching mom and daughter aprons and yoga mat covers are finally done,

Let's not forget those sewing alterations which were in a heap somewhere are now also complete

FITNESS AND EXERCISE

There may be less of that now but at least I've been able to exercise more regularly and eat healthier too —much of the ingredients for that fresh salad and smoothie coming straight from my garden

BRAIN TRAINING

While some have been sleeping during Lockdown, my brain has definitely grown a whole new network of synapses, thanks to all the webinars I've been attending...from word processing, buying your first home, covid coping strategies, virtual markets, training courses etc.

SHOPPING

Well, lockdown has forced me to learn to navigate the online shopping world. Especially in the very beginning when lockdown was first announced. It was so sudden, there was not enough time to stock up groceries or materials for hobbies. Buying groceries for the first time online was a whole new experience and then still having to wipe everything down before it could even get to the fridge, seemed like such an alien world.

Fortunately, online shopping works pretty well for me. I'm saving quite a bit as in most cases my size is sold out or I put it in my basket, wait till the next morning and realize I really don't need it - virtual shopping. That new word, VIRTUAL - virtual concerts, virtual markets etc. Well as long as my money or I don't become virtual ...I think I can handle it.

Sadly, as a result of lockdown, some of us have lost jobs, but what a joy it has been to spend quality time with our children and reconnect via regular zoom meetings with family and friends.

And the loss of lives has made me even more determined to appreciate and celebrate each day and not waste a moment more, but rather to do all the things that I truly enjoy.