Daily life during the lockdown and after.

COVID-19 has already killed 380 000 people.

Our everyday routine has been once disrupted when we heard about spread of the virus. We thought that it would not get to us, but soon we became convinced that we were in danger.

The government has decided to introduce restrictions to protect our health. However, these restrictions turned our lives upside down. The virus pandemic locked us in our houses. Fear of the virus changed our lives. We started to avoid gatherings, leave houses only when necessary, work and learn remotely. What do our lives look like during the lockdown?

An ongoing pandemic causes nervous tension. We feel constant stress and anxiety because of the increasing number of infections in the world. Many of us find it difficult to focus on work or study, we spend a huge amount of time in front of a computer, we take part in remote meetings.

The whole situation has a bad effect on our memory, doctors say about the disappearance of short-term memory. Time is leaking through our fingers. We've already been at home for 3 months, working days are merging with weekends, which means we don't feel chill, we can't catch our breath. A next problem is the division of social roles that we have to face.

Students used to get up to school every day, they knew exactly that it is necessary to attend the lesson within specific hours. Now they must attend remote lessons and do their homework. Teachers are sure that if there are two more tasks, they will provide students with entertainment, parents think if they assign more duties - they will save children from boredom.

A great example are working mothers who, in addition to working remotely, have to take care of their children, make sure they do their homework, prepare dinner, clean the house, entertain children, play the role of nurses and many other professions.

To survive, we need four hugs a day, to grow properly - eight. During the lockdown, our bodies are hungry for the touch of loved ones. We are cut off from our sweethearts, friends and family. We miss the other people we saw every day before the outbreak of the pandemic. We try to keep in touch remotely - we write to each other, call, but nothing can replace the presence of another person. At the time of COVID, we just suffer from loneliness. We are drowsy, sad, we lack energy to live.

When shopping at the market, people cover their mouths and noses, they have gloves on their hands. They bypass other people, fearing for their own health. Once, while standing in a queue to the cashier in a supermarket, an old lady stood behind me. She had heavy shopping, but there was no 1 meter distance behind me, she came closer to put the goods on the tape, I turned toward her with the intention of help, but she said - I'm sorry, I will just put these things and move away from you.

Is there any hope for a change of this odd situation?

When the pandemic ends I would like to hug my friends after such a long separation. I will turn off the laptop and do not check emails for the hundredth time. I will go shopping without a mask and gloves, I will not give people a wide

berth and I hope that I met the same old lady and I will be able to talk to her without a specific distance, and shake her hand. We will stop being afraid of other people and everything will return to normal.

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