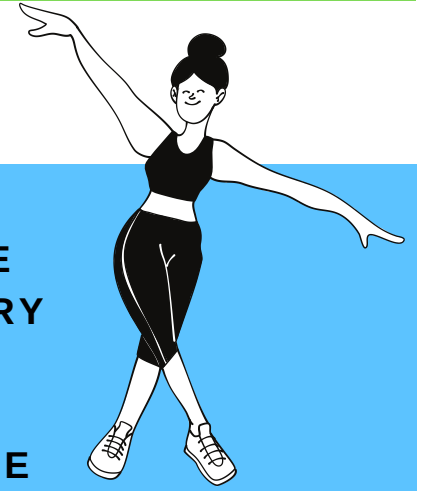


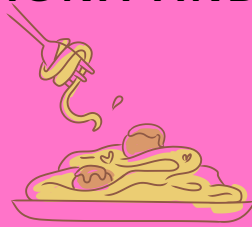
STOP. BREATHE. START AGAIN. THIS HAS BEEN MY QUARANTINE



- I HAVE FELT PRETTY GOOD, I HAVE HAD WORSE DAYS AND BETTER DAYS, BUT I HAVE BEEN VERY WELL SURROUNDED BY MY FAMILY.
- THE BEST MOMENTS I HAVE EXPERIENCED WERE WITH MY FAMILY AND THEN, WHEN THEY HAVE ALREADY LET US OUT, I HAVE HAD A GREAT TIME WITH MY FRIENDS IN THE POOL. AND THE HARDEST MOMENTS I HAVE EXPERIENCED WERE ESPECIALLY AT THE BEGINNING OF THE LOCKDOWN SINCE WE COULDN'T GO OUT AND WE HAD A LOT OF WORK, BUT AFTERWARDS I ALREADY FELT GOOD.
- THE WORST OF BEING CONFINED HAS BEEN THAT WE HAVE HAD TO MOVE AWAY FROM THE PEOPLE WE LOVE THE MOST AND WE COULD ONLY SEE EACH OTHER THROUGH PHONES AND COMPUTERS.



- DURING THIS QUARANTINE I HAVE LEARNED MANY RECIPES AND I HAVE PREPARED A LOT OF MEALS SUCH AS LASAGNA AND BISCUITS.



- IN THIS QUARANTINE I HAVE WATCHED DIFFERENT SERIES LIKE: *GREY'S ANATOMY*, *CONTROL Z*, *ELITE*, *VALERIA*, ETC. BUT I HAVEN'T WATCHED TOO MANY FILMS SINCE I PREFER WATCHING SERIES, BUT I WOULD LIKE TO HIGHLIGHT THE FOLLOWING FILMS *THE GUERNSEY LITERARY AND POTATO PEEL PIE SOCIETY* AND *OCEAN'S 8*.



- MY BEST SUPPORT HAS BEEN MY FRIENDS AND MY FAMILY.
- WHEN WE WENT TO PHASE 1 MY FRIENDS AND I WENT TO WATCH THE SUNSET IN THE PORT, WE SWAM IN THE POOL, WE MET TO WATCH FILMS, WE HAD DINNER TOGETHER, ETC.
- DURING THE LOCKDOWN, A PART FROM ALL THE THINGS I'VE MENTIONED I HAVE HAD TIME TO THINK ABOUT MYSELF AND TO REFLECT ON WHO I WANT TO BE.



IN CONCLUSION, THE POSITIVE LEARNING OF THIS QUARANTINE IS THAT WE HAVE LEARNT TO VALUE THE LITTLE THINGS AND TO VALUE EVEN MORE OUR FAMILY, FRIENDS AND, ESPECIALLY, OUR HEALTH.