REFLECTING ON A YEAR IN QUARANTINE

SEROTONIN SAYS MONTHLY: MARCH EDITION

LOOKING BACK ON 2020

I think we can all agree that 2020 was a bit all over the place. However, not all went to waste. While the year is outshined for many by its negative aspects, let's reflect on the positives in the midst of this year of crisis.

The Pandemic:

If you asked someone what the first thing that came into their mind when they thought of 2020, it is extremely likely that no matter who they are, they would mention something about the COVID-19 pandemic. While we have lost so much and so many to these difficult times, we have also learned so much. Connecting online and uniting in unconventional ways has made humanity even stronger than it was before, and has shown us that we can do anything if we work together

Wildfires:

For a moment when we were all in lockdown, the environment seemed to be thriving and free, however, all of that came crashing down with the wildfires returning. While areas such as the Amazon Rainforest continued to burn previous to 2020, California and Australia had recurring periods of fire as well. The toxic smoke from the fires traveled thousands of miles across the globe, having a universal effect. However, while there isn't much of an upside to fire, it reminded us how amazing and precious nature can be, and was able to spread more awareness for the protection it needs.

While there was so much more that occurred in 2020, it is important to remember the positives in such a jumble of events. However, that doesn't necessarily mean to completely dismiss the negatives, because that is how we learn.

Trying out new things in 2021 to fit a "new normal" could be what you are working towards, or perhaps you like the way things are for you right now. Whatever your preference is, we can all agree this was an unforgettable end to the decade.

WRITTEN BY D.I. SMITH
EDITED BY JACQUELINE GOLD

Quote of the Month

"A CRISIS OFTEN BRINGS OUT THE BEST IN YOU AND YOU DISCOVER QUALITIES THAT YOU NEVER KNEW EXISTED WITHIN." -RAJEEV SIDDHARTHA
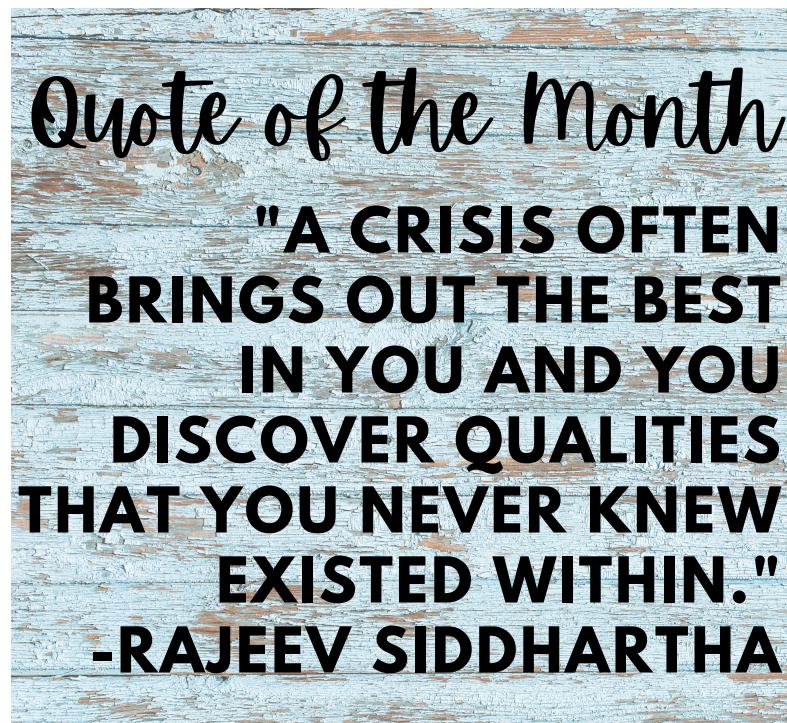
KILLING QUARANTINE BOREDOM

WRITTEN BY MADELINE GOLD
EDITED BY JACQUELINE GOLD

It's no secret that being in quarantine has given all of us free time, and a lot of it at that. Many people have been using the time to participate in various activities, but boredom is a common feeling when we're all stuck inside. Chances are, you have probably felt bored quite frequently during this pandemic. So, what can you do to prevent this? Here's a list of some unique activities you can try to kill your quarantine boredom:

- Try a new art form! Paint, draw, sing, or even dance! Let your creativity loose in a low-stress way.
- Write down your thoughts in a journal. With everything going on in the world right now, we all have a lot on our minds. Writing your thoughts down now can help relieve stress, and will be a unique way for you to remember this pandemic years into the future.
- Make new playlists! Music is one thing that remains constant in all of our lives right now, so why not branch out and find some more to listen to? Making playlists is a great way to express your individuality and can be super fun!
- Get outside! Although we are under quarantine right now, you don't have to stay inside 100% of the time. Put on your mask, and head outside to get a breath of fresh air!
- Talk to your friends. Again, chances are, they're bored too. What better way to kill quarantine boredom than together over FaceTime?

MARCH ZENTANGLE

BY MAYA SIEGAL

A YEAR FOR THE HISTORY BOOKS

3 COVID CINQUAIN

BY WAVERLY NAKASHIMA

mask
cloth covering your face
protecting the
surrounding people
the feeling of safety
cover

quarantine
being in isolation
locked up
feeling lonely
separation

epidemic
loads of sickness
spreading of disease
causing worriedness
infectious

Song of the Month

YESTERDAY BY THE BEATLES
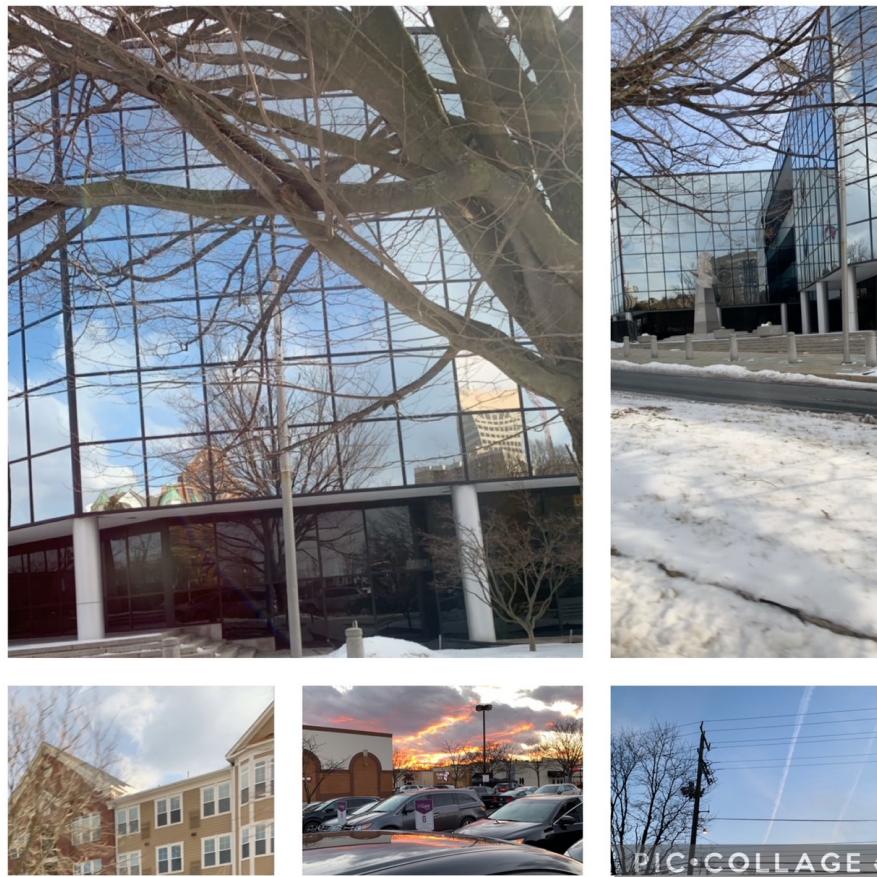
CHECK IN NEXT MONTH

SEROTONIN SAYS MENTAL HEALTH CHALLENGE OF THE MONTH: WRITE DOWN YOUR THOUGHTS REFLECTING ON THE ONE YEAR ANNIVERSARY OF THE COVID-19 QUARANTINE. READ IT AGAIN AROUND THIS TIME IN MARCH 2022!

FOR MORE MENTAL HEALTH CONTENT