

Week 3

The last ten days

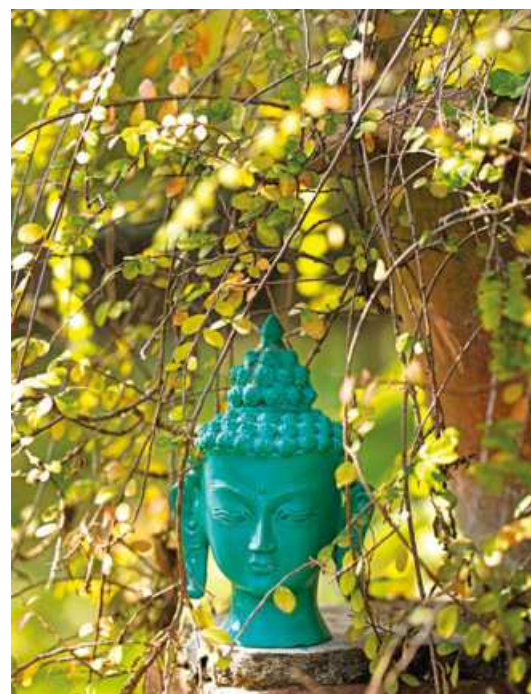
Most of us are roughly taking every day as it comes in these trying times. A disrupted daily routine, coupled with being cooped up with little to no leisurely activities, the burnout has probably hit many. With the looming possibility of a rather restricted Eid-ul-Fitr ahead, this week's checklist focuses on some practical things around the house.

PRODUCTIVITY

Closet Cleanout

Think of it as a delayed spring cleaning for your clothes. We all have things in our wardrobes that do not fit, or the colour is worn out, or we simply do not like it anymore. Having these pieces linger in our closets simply take up space create clutter.

Now that we finally have some time on our hands, it is time to sort it all out. Bring out all your clothes and make different piles. There should be a keep, discard, donate, and DIY sorting arrangement. Clothes you love and will wear again go to the keep pile of course. Ones beyond repair, worn out colour or torn should be thrown out. Channel your inner Marie Kondo if you have to. Think for yourself; did you really enjoy wearing that certain dress or is it just something there because you paid a bit too much for it?



Squeaky Clean Gadgets

While cleaning the home, a lot of us miss out on one category — the electronics. Everything is getting quite a bit of clean-up these days. But just cleaning the dust off the surfaces of televisions and speakers is never enough. Most of us are quite guilty of binging a show in front of the computer monitor and dropping crumbs and whatnot on the keyboards. Tablets and phones, the tools of the trade for work and study get oily spots within hours of usage. Take some time to clean all your devices using the correct methods — from your laptop and desktop, to your TV, refrigerator, microwave oven, don't overlook anything. It is only when you clean these that you realise how dirty they can get.

THOUGHTFULNESS

While we are praising essential workers like doctors and policemen, certain groups often get overlooked. These are the people serving us day and night and keeping us safe. We are talking about our guards, apartment caretakers, and night guards working in the neighbourhoods during this pandemic.

You can arrange iftar for these people. While physically gathering and sharing is not the safest option now, you can arrange for individual boxes for each person and hand them out.

REST AND RELAXATION

Recharge

As the third week of Ramadan rolls by, exhaustion is bound to creep up with all the cleaning and home organising. And with Eid approaching, you know there is more to come. Take some time off, relax and rewind. Read a book or watch something. If you cannot let your body relax, your productivity will plummet. So, recharge yourself before heading back to work, even if it is at home.

Change

A Different Eid

The essence of Eid lies in celebrating with your friends and family, indulging in good food and getting dressed up. But somewhere along the line, the true essence got lost underneath a heap of shopping.

As we prepare to celebrate a different Eid this year, we should also take notice of how we are enjoying this time surrounded by the people we love, and how buying new clothes or accessories rarely play a part in the joy of Eid.

At these times, Ramadan is a solace as it reinforces ideals like patience, self-restraint, empathy and generosity. These are valuable lessons that can teach us how to adapt to these uncertain times as well as for future difficulties, should they arise.

By Anisha Hassan and Iris Farina
Photo: LS Archive/ Sazzad Ibne Sayed

The 'don'ts' of shopping during the pandemic

As the coronavirus crisis intensifies with each passing day, daily errands have become intimidating. Grocery shopping now requires more thought and planning than ever before, not just to protect ourselves, but also as social responsibility, to lower exposure of the essential workers at the stores, who leave the safety of their homes everyday so that we can keep our homes running. To make their lives, and ours easier, here are some ways to not go grocery shopping.

Do not come unprepared

To get things done more efficiently, having a well-thought-out list of supplies to last at least a week saves a lot of time. Wear a mask and gloves, and carry disinfectant wipes or sanitisers to wipe down any cans, the trolley handle or other exposed surfaces before contact so as to ensure the buyer's safety.

Stores provide disinfectants to their customers before entering. If needed, politely ask for a little extra to give the trolley handle a wipe.

Do not bring the entire family

Keeping social distancing rules in mind and to limit exposure, it is best to go grocery shopping alone. Having grandparents or children around to help shop puts them at unnecessary risk. This is not a family activity!

Do not ignore markers on the floor

Some stores have designated markers on the floor to encourage social distancing. These markers tell the customer where to stand while maintaining a safe distance between the customers during checkout. Be attentive of the signs!

Do not get in the worker's personal space

Even though the aisles of the grocery store do not make social distancing easy, it is of vital importance that we still try our best. While interacting with an employee, do not forget that this is another human being who is just at risk as anyone else. Their safety is also a concern, as without them, the shops would close down.

In short, give them the space you would expect other people to give you.

Do not go to the store to stretch your legs

Cabin fever is real and going grocery shopping sounds like a dream come true nowadays. However, that does not mean one should go to the store to get some fresh air or exercise and crowd the place. Best to leave grocery store trips for necessities rather than recreation.

Do not touch things you do not intend to buy

We all love fresh produce. But now is not the time to be touching fruits and vegetables to get a feel of the freshness and inspecting it for imperfections. Unless one intends to buy something, best not to touch it for the sake of their own safety and everyone else's.

Avoid paying with cash

If possible, using a credit card or debit card, as it is safer than a hands-on transaction. Some stores take payment through Bkash as well. If an alternative is available, use it!

Keep in mind that lashing out at the workers for not having something in stock will do anyone any good. These workers are working in highly stressful environments, putting themselves and their families at risk. A simple 'please' or 'thank you' goes a long way to making these trying times easier.

Lastly, do not forget that we are all in this together!

By Puja Sarkar

Photo: LS Archive/ Sazzad Ibne Sayed

