

**Reflect on the past few months of your lives. Can you also recall positive shift maybe?**

- Overall, I feel less pressured by responsibilities, whereby I am able to do things when I feel like it. That's the one thing I've enjoyed the most, because it has made me feel more free.
- Oddly enough have these challenges only caused me to rethink what I am spending my time on and put more appreciation to my time.
- Through the quarantine I've spend more time on my computer, and my body, I've changed my diet, and started to be more self-conscious about who I am and who I want to be. The two past months I have realized how stressed I am and how much it affects me.
- I don't feel so stressed, like I used to.
- There is less pressure both from school and friends.
- I have felt happiness because I now have more time with my family,
- I have felt both confident and insecure for unknown reasons.
- If I had to say one positive thing about this semi-quarantine I'd be that I have been given time to stress down. I might not have realized before just how stressed I was, but I won't lie – it has been good to have a break and just breathe for a second.
- On the other hand, being at home makes everything more free, and there are some things that I get done now, that I didn't do before. I see my family more often. I read more books and go outside more.
- This might teach us how to live life day by day instead of always thinking about the future,
- When this is over, we will probably, hopefully, be able to learn from it.
- On the positive side I have a lot more time in my everyday week to do all sort of things.
- During this time, I've gotten a lot of time to do activities that only I find amusing meaning I have learned to value myself and my own life a little bit more than before. During the lockdown I've also began to find a lot more joy in my spare time and found different way to relax and not think about so much as I used to before. At the same time, I also starts to notice different sides of my family and how different and at the same time how similar I can be compared to them. Overall, I think the corona lockdown was a good eye opener.
- My everyday life has become way less stressful and busy (particularly because my workplace which is a café has obviously shut down, which in turn leads to more free time for me). Being at home constantly means that I get to easier prioritize my physical and mental health by getting more sleep, meditating, doing yoga, and working out. Thereby my overall health is more stable and with that comes more stable emotions. Even though I don't get to physically see my friends, I am lucky enough to have a great relationship with the family members that I live with and I also videocall my friends every now and then so my social needs are fully met. Being at home has also improved my time management by constantly having to manage my own time throughout the day. For me personally quarantine has been extremely beneficial and as much as I'd like it to

keep going, then I would obviously prefer for less people to suffer from Covid.

- I got a lot of free time that I spent on the way from etc. School to home and other activities. This time I spend on reading and reviewing some science teams, mostly chemical biotechnological subjects.
- I have more energy and feel less stressed, given that I sleep more and have the extra hours to do things like exercise, now that I don't spend time in public transport.
- My life is on standby, I rarely see my friends, my school is quite easy because the teachers can't figure out how much homework we can do. So, in perspective to the stress and constant pressure I was experiencing before it is actually quite nice just being at home doing nothing.
- I have learned though, to be more self-disciplined and to be more creative. I have been reading much more than I usually have the time to do.
- Having more time to read books that I have been wanting to read for a long time has been amazing.
- Getting to sleep more and longer in the morning.
- You have the time to get to know yourself better, time for deep thoughts and reflections about upcoming decisions.
- Became closer to my family (mostly siblings) since they are the only ones, I am allowed to spend time with - and I have learned more about how I best handle challenging/unusual situations (caused by the lockdown and virus)
- I have become more creative about how I spend my time and come up with both new hobbies but also alternate ways to see family and friends at a distance without feeling lonely or completely isolated.
- Getting more sleep, having time to do what I normally didn't have time for. I live a bit far away from school, therefore I used time on transportation, but now I got a lot of extra time to do what I want.
- I spend more time with my parents and I've formed closer bonds with them the last few weeks.
- Being able to go for a walk more often
- Saved money on gas.
- Spending less time in public-transport before and after school.
- My own mental health is fine, since I still have all my books and my job. I get my daily dose of social life on the internet and at my job, while still keeping a physical distance to my friends.
- Going to school is much easier when you don't have to use public transport for 45 minutes in the morning
- A lot more time with family, which is nice.
- NAPS!
- I have learned that i like a busy lifestyle
- My everyday life is more stress free.
- I have started picking up old hobbies like painting, which I didn't feel like I had time for before.
- Less stress due to a more self-scheduled school
- Healthier lifestyle due to less alcohol consumption but junk food as well
- There has been a change in my diet. It has become healthier.

- I have had more time to spend on my hobbies
- Virtual teaching has brought some problems but it also has its perks. Being able to plan your own time and day in general has been really great.
- More time to be outside and more time to work out.
- I have been much more together with my family because of the lockdown.
- More free time, because of no travelling to/from school
- More time to delve into hobbies that typically don't get as much love, as they take up more time or effort than more accessible ones.
- Newfound appreciation for moments spent with people you care for – cherish every moment, at any time something could come along to screw it up (or some pseudo-philosophical statement like that).
- On the other hand, I've spent far more time with my family and been chatting online with my friends more now than I did before the quarantine.
- I do, however, enjoy having more time to spend on personal interests and free time hobbies. I find that I have learned a lot about myself and how I react under unknown circumstances.
- More time to relax, exercise and work on myself
- I've had more time to be active and to do some of the physical activities I like. The incredible weather has also contributed to be more motivated to do things like those. I've also had a healthier lifestyle, if you look at not consuming so much alcohol.
- But, to me it has also been a great time, in the way that I have had more time to develop the creative part of me. Also, the stress level has had a big turn down because of the lockdown.
- Being forced out of almost every part of what we chose as the main parts of what is keeping our everyday life together, turned out to be a great time for reflecting on, which parts of that everyday life I actually want to return to. Having to restart it all feels a bit like being given a blank piece of paper; a scary, yet fantastic feeling.
- For me, one positive thing is that I have gotten much more time to sleep, as I don't have to spend time on transport etc. And using that extra time for sleep has been really nice.
- But the positive is that there is so many ways to get in touch online.
- I love how I have the freedom to spend more time with my family.
- I miss spending time with my family. It has been a good thing because you really get to know the people you are allowed to see.
- I feel like this has put some focus on the importance of digital education and the possibilities.
- For me, it has become very obvious just how much I take just being together for granted. I had never thought about losing the possibility to interact with each other, and when the lockdown is over, I know I will appreciate being together a lot more.
- I will say that the sparse amount of contact I do get, I sincerely appreciate, because it is more rarely.
- However, you have more time to focus on the things that you would not normally have time to do.

- Other from that I love that I get to spend so much time at home – not having to spend two hours a day in a bus, and doing whatever I want.
- Some of my teachers are very good at coming up with fun or at least interesting activities.
- But I weirdly talk more to some of my friends. Since we depend a lot more on each other for answers and help, you have to talk more. I also normally ride the bus to school and I don't do that now.
- There are pros and cons with not having to ride the bus. I don't get to see the people I ride bus with, or get that 15 minutes of peace before the day starts, but I also don't have to wait a long time for the bus to come.
- My brothers (who have moved out) are home, because they might as well since they can't go anywhere anyways, and I really enjoy that.
- I have felt a way smaller amount of stress in the past few months, which has been a relief to me. I haven't been in a big need to see my classmates, or other friends, so it has been a very relaxing time for me. Even though I have enjoyed the quietness in the past few months, I think school have been a bit challenging in one way because of more assignments to do, but at the same time, nicer because of the possibility, to disputing our own time.
- I have more time due to less public transport to and from school.
- I have more time to exercise
- My challenges have been kept minimum. I like home schooling. I have never read as many books before and my productivity has risen. I don't really need to talk to anyone all the time – I like time for myself where no one disturbs me.
- But on the other hand, I have time to catch up on the things I had previously procrastinated and have fun exploring my hobbies.
- While this has been beneficial for contact with friends who live within a close proximity
- However, I've been able to get some good habits going, to compensate for the horrendous sleeping schedule. The fact that you can practice skills in your breaks does help make the day work.
- A positive is that I've somewhat improved my relationship with my parents as well as significantly improved how much time I spend with my siblings outside school. (that time comes from not having to travel, less homework, less time with friends, etc., etc.)
- The minutes we used to spend on transport can be spent on something more productive. I have had time to do more art and to reflect on who I want to be, which sounds silly, but being alone forces you to listen to the actual thoughts in your head instead of overruling them with forced ones.
- At times it has left me feeling lonely to be at home like this, but the more time that passes I realize that it's alright to feel lonely and to doubt all and everything, because in the end there is just where we are and in the time we are. So, I could think my brain to pieces, but it would change absolutely nothing. I will be here tomorrow too and maybe the day after. I do not know and I don't have to.
- In terms of positive shifts, I've noticed that I thoroughly enjoy getting to structure my own time on a larger scale. I don't have to be at a certain place at a certain time which I feel is allowing me to get into the "flow" of the day better. I

like that I am in charge of my own learning, and therefore notice that I work better with finding answers and helping myself in general.

- On another brighter note I've noticed that I more easily take on new things that I want to learn, and complete them most of the time. There is more creative energy for me personally, which I appreciate as my dance team has had to cancel our entire season.
- If I was to name a positive change in all of this, I would say that the new things that we've learned, that can have a good influence on the world and me in the future. It could be the fact that, I've found new ways to learn stuff without a teacher always available to help me for instance. I think that is going to be very helpful for me in the future, especially when I'm going to study at the university.
- A big change is of course school and social gatherings. This has been both a positive and negative change for me since I needed a break from a busy everyday life. I had very little time off to myself and even though I like to have things on my agenda it had been at least three weeks of always having something on my mind to worry about.
- When thinking about the huge need for this "lockdown" to me it feels okay, since I don't need to worry about economy or getting fired. I have my school that I attend every day and my parents have jobs to go to.
- I think that you learn a lot about yourself in these days. Some of the positive things are that I can enjoy some things, I maybe couldn't find the time for, before the lockdown. It makes me see that I should be grateful for how good it is to live Denmark, and that I have family and friends who I can talk to, home or over the internet. I do things that I enjoy in this time that I didn't do so much before, for example reading books, go for a walk and play PS4.
- The lockdown, comes with some positive things though, like more time for your interests etc.
- The quarantine have not really changed my life personally, and I've been really enjoying it truthfully. School online have made it a lot more personal, so I can choose how to spend my time without waiting on other people at school. This means I can finish the work a lot faster, and spend my time more productive.
- In the aspects of socializing, I have never been more social, since the isolation, a lot of people have been more active online, making it quite easy to video chat and so on. The online universe has a lot of possibilities, and you can do everything from concert to watching movies with others.
- There is of course not that close physical contact situation, which is a shame, but personally not as bad as a lot of people make it out to be.
- Over all, a lot more liberty
- I think that the quarantine will change the way people spend their spare time and deal with stress, a busy schedule etc. which could end up being a positive effect. I know multiple persons who think that it is nice with a break from the everyday stress. I get more sleep, more exercise and time to personal interests.
- I also think that people find new ways to communicate and spend time with each other.
- I know appreciate a lot more than before the quarantine the time spent with friends, amongst them I can truly relax.

- The positive is that people can spend more time with their family and enjoy it. It isn't everyone who has time so spend time with their family. Now they get the chance to do that. The quarantine has helped me spend more time on myself, and work on the "challenges" you may have to daily. But I also learned a lot in these days in quarantine. I realized how grateful you have to be to go to school and have some fun with your friends.
- Positive increase of community spirit, in society, families etc.
- Luckily my class/friends and I are very good at keeping in touch
- My sleep schedule has become more regular which is beneficial for my daily routine.
- I have had more time for myself and my family.
- I have been getting more sleep than usual.
- I have begun to reflect on my life and my future plans (more than I had before).
- Less travel time to school
- More sleep
- You don't have to travel to school
- More physical activity because I have more time
- Spending more time with family, which is really nice.
- It's been interesting to see how creative people are getting and finding solutions never thought of before
- The market is more volatile
- I have been much more productive in school,
- If you are an introvert quarantine really isn't so bad.
- Since the quarantine began around 2 months ago, I've come to realize just how much I really enjoy my everyday life; even with the stress of waking up early, and having to catch busses left, right and center. In a way it is enlightening to be put in such a situation, where you get to see just how much some things are being taken for granted. One positive aspect of the lockdown is that I have found myself in a position where I have a lot more time to work on personal projects, such as working out, reading and doing chores, which I otherwise wouldn't have been doing.
- To end on a positive note (because I do believe positivity is quite needed in these times), I have gotten more time to do my favorite hobby: Sleeping.
- All the things we didn't have time to before, we know have no excuse to not do. Many people with stress also have the possibility to get better. Mental health is many things. Many people find new solutions, my dance school has online classes so it is still possible for me to practice, even though I am still limited in space. The schools have online lessons and I almost feel like I would be in school, it can be a little boring sometimes, but so does normal school. The teachers handle the situation very well, and go to school the same amount of time as I would have done normally.
- I can cope with 6 months out of a lifetime. If you manage to keep yourself busy with stuff, it is fine. The weather has mostly been great, so there is lots of stuff to do. And I think it is very good that families now are forced to be together and listen to each other and make a daily life work. It is funny to see how people find it difficult to be with their family this much. I think that as long as no one is dead

and the economic is terrible, then I'm okay with being in quarantine.

- At first, I thought it was okay. I could get more sleep and I didn't have to ride my bike to school every day.
- But it has been a lot less stressful and I accomplish more in my everyday life as to what I did prior to the lockdown. Now I just feel like the days have flown by and don't feel like April happened. I also think it's a bit surreal its summer in a month, when did that happen? I can sleep for two hours more since I don't have to commute to my school which is very nice
- I like online classes. I am much more free and I like not having a teacher looking over my back every other second. Also, the fact that I can wake up 5 minutes before my classes instead of 2 hours. The classes are harder but it is still okay.
- After a few weeks, I actually started to enjoy it sometimes. It was still pretty hard because I wasn't allowed to see my friends or my boyfriend. But it became acceptable.
- During quarantine, I feel more relaxed – that's probably also because I'm also a bit of an introvert – but I still miss my friends. Luckily, we talk a lot over discord and other platforms, so that's very nice
- The first couple of days I did not mind being home at all, because I was a bit tired of school,
- Even though everything kind of just stopped out of nowhere, and you don't meet with friends as you usually did, I think I found out who my true friends are and not just the ones where everything is fake.
- School is defiantly harder at home but I have always been better at teaching myself a subject than listening to somebody telling me about it, so I think that I have learned a lot more than I did when the school was open and the work load and assignments have increased a lot.
- I have had a lot of time, to realize many things about my family, routines, friends and myself. With this extra time, I have taken the opportunity to learn new skills and connect with my family and myself again.
- My everyday life has not changed all that much. I try to keep my schedule in place and still go to bed and wake up at the same time as usual. This makes it very easy for me to keep track of the days. It actually seemed like I had more time to do my homework, so that it would be even better that it had been before. I use most of my spare time improving on some of my learning skills, and it seems like I am more motivated to do this. This can most likely be explained by the spare energy that I would otherwise had been using during my day at school.
- To say a positive thing to come out of this it would be that I started to educate myself on investing and stocks, which I think is important to know about as an adult, and I now have an account for investing as a minor, which took a lot of steps to complete, and the quarantine obviously gave me a lot of time to do that.