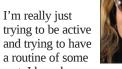
STREETALK

How do you maintain mental health during lockdown?

Asked in downtown Chico

Silvia Franco administrator



and trying to have a routine of some sort. I have been

going to the gym, [and I] go to the park like every day. Having some routine helps.

Conner Montgomery

student/server

Back in March. I'd go into Upper Bidwell Park, go on runs, work

out, go to work and listen to music mostly. Going to school sucked. Everything was online, so our teachers sent us work and then sent us on our way. It was kind of horrible.

J. Trip brewerv



Working and meditation and art. We've been going strong the

whole time. Regulations and policies have changed to stay safe, but every other given thing is work as usual.

Stephanie Zuniga student

I think people are like, "Hey, this is not a real thing," or letting fear

rule them. I think the best thing is to think, "Hey, you're still alive." You can breathe. You still have two legs. Stop complaining about stuff that you can't change and be glad that you're here.

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