Annotation: Due to recent events, it`s so hard to stay calm. So, to keep being productive I`ve made up an everyday schedule. In that schedule, I`ve set a time to check some global and political news. Without that schedule, I was constantly tracking all these news about those terrible events~~,~~ that had happened with Russia and Ukraine.

On Friday I woke up at around 9:00 AM. I had a shower, checked the news and drank some coffee. Then, at 9:40, my classes started. They finished at around 01:00 PM. After that, I relaxed and checked some news again. Then I had lunch and started working. **Since it was Friday** my workmates and I had a Zoom conference to sum up everything, we had done last week. After that, at 04:30 PM, I checked some news and had dinner. From 05:00 PM till 07:00 PM, I worked on my graduation project and homework. Then I had supper and checked some news. At 08:00 PM, I tried to distract myself and watched a movie. After 10:00 PM, I gave myself freedom to do whatever I wanted to and to check the news as much as I wanted to.

On Fridays, I wake up at around 9:00 AM. Usually I have a shower, check the news and drink some coffee. Then, at 9:40, my classes start. Usually, they finish around 01:00 PM. After that, ­­­­­­­­I relax and check some news again. Then I have lunch and start working. **On Fridays** my workmates and I have a Zoom conference to sum up everything we’ve done this week. After that, at 04:30 PM, I check some news and have dinner. From 05:00 PM till 07:00 PM, I work on my graduation project and homework. Then I have supper and check some news. At 08:00 PM, I try to distract myselfand watch a movie. After 10:00 PM, I give myself freedom to do whatever I want and to check the news as much as I want to.

Next Friday I am going to wake up at around 9:00 AM. I`ll have a shower, check the news and drink some coffee. Then, at 9:40, my classes will start. They`ll finish around 01:00 PM. After that I’ll relax and check some news again. Then I`ll have lunch and start working. **Next Friday** my workmates and I will have a Zoom conference to sum up everything we will have done this week. After that, at 04:30 PM, I`ll check some news and will have dinner. From 05:00 PM till 07:00 PM. I`ll work on my graduation project and homework. Then I`ll have supper and check some news. At 08:00 PM, I will try to distract myself and watch a movie. After 10:00 PM I`ll give myself freedom to do whatever I want and to check the news as much as I want to.