

Mindfulness When Shopping

It's difficult to stay home during this crisis if we're ill-prepared. We have to stock up on food, snacks, vitamins, hand sanitizer and, of course, toilet paper. It's important to have a clean booty during a pandemic.

That's why shopping for quarantine life has become an event. Thanks to the hours of predictive programming instilled into our minds by post-apocalyptic movies centering on societal collapse, we haven't been reduced to chaotic creatures. However, as someone who is still assisting customers, both young and old, I have noticed an array of mindfulness and lack thereof when it comes to shopping.

So here are a few tips you can use to protect yourself and others when shopping.

Mask & Gloves

Seriously. We're at a point where you have to assume someone has touched the item you just grabbed, whether it's an employee or another customer. It helps you, the employees, fellow customers, and your loved ones. The addition of the mask can help ease any anxieties that employees may have, and it adds a layer of protection for you, too.

Also, remember to wipe down any of the items you may have purchased, whether it's packaged food products, produce, or home supplies.

What to Do

One store will not operate like the other, especially if you're frequenting independent pharmacies, grocery stores, and food processors. Make an attempt to learn their style of operations, checkout procedures, payment options, hours, and safety precautions.

Pay attention to any updates via their social media accounts, or call ahead if you're not sure.

Gimme Some Space

I don't know why, but the 20-something crowd is traversing the city in groups of three or more. That's scary enough. But it's when they descend upon your office or shop with a whimsical air that you begin to worry.

Do you people even understand what's happening out here? We're like 14 days away from 28 Days Later!

They touch. They smile. They get up close to talk to you. The whole time my mind is thinking, "Gimme some space, bro!"

Please practice social distancing. Communicate clearly and thoroughly from the recommended six-foot distance. If you're on a possible collision course with someone then pretend you're a car and honk the damn horn. Remember, if you can smell someone's breath, cologne, or body odor you are too close.

Know What You Want

For real, this isn't the time to be window shopping. With the ever-increasing descent upon grocery stores and pharmacies, it's imperative to have a list of the items you will be needing.

The quicker you are the quicker the checkout line will move, which will result in shorter exposure times. If you need help figuring out how to shop, refer to the god-awful film, "*Jingle All the Way*" starring Arnold Schwarzenegger and Sinbad.

R-E-S-P-E-C-T

In America, we live in such a desensitized society that people watch police killings on their phones while eating their avocado toast.

We lack empathy.

You don't care about my plight or the social injustices that affect me? Whatever. That was before this new situation engulfed America, and now we're in this together.

So you may have looked down on or ignored the so-called low-skilled workers two months ago, but now we're the ones you seek for cleanliness, supplies, food, transportation, education, and the normality that dissolved, due to this pandemic, yet you still yearn for to calm your anxieties.

We don't want to be out here, but we are. We're risking our own health and that of our loved ones, which is making your life easier. Please take the time to show your appreciation in a non-condescending fashion. We are essential workers.