**New Habits**

From last week’s classes I have started to implement some of the ideas that were thought as part of my project. The first was problem was associated with sleep. I planned to sleep at ten o’clock and wake up at six o’clock in the morning. I have managed to maintain the eight hours sleep even though sometimes I was sleeping at eleven to wake up at seven the next morning. Keeping the cycle at its right time helped me to stay focused throughout the day. Now I do not feel sleepy in the middle of the day like I used to.

The second one of the experiments is related to activities. The point that I chose to experiment was to walk around and make some exercise. Fortunately, it worked out well that we moved to our new room at HH and I am walking to Anapurna hall every mealtime. I am also going around in our university to the library, student life office, and Dalby hall as part of the class. Now my whole body feels relaxed. It Is note as sore as I was when I was in quarantine.