YouTube Video Analysis

# Transcript:

Hello, it's Ruby and today I'm going to be sharing a night routine with you. This is a night routine for work and I'm whenever I do mention that I'm working, I do get lots of questions about this so just an anticipation of that. I work in a school but I choose not to share details and specifics just the privacy reasons. So as soon as I head in I will put my bag down, this is a beautiful tape bag from Blackwells and I will go outside just because it's nice to have that moment of stillness and silence and I do just really enjoy being in nature. And this evening I also watered the plants. After that I will head inside and just put everything away so my shoes and I will also get changed. Just into something more comfortable and probably a bit cooler as well because it's always so much colder in the morning than you're going to ask. And then over the course of the day you realise it's actually really hot. I'm usually quite thirsty as well so I will just drink a load of water and put on my summer 2023 playlist. So after getting back a really quite tired so I do something very low energy so that's usually reply to emails or doing any small admin tasks and then I give myself about 15 minutes just to go on my phone which is not something I've ever included as part of a routine before but I found myself gravitating towards a going on social media and it works for me just to cough this space so I don't just keep getting distracted and going on social media because I've already kind of done it. And then I will just do some more work. One of the things I will also do is journaling. I've been journaling with day one recently which is actually a recoated journal because you can put photographs in. So I tend to write a tiny to do list just on a post at note of what I want to get done in the evening and it's usually not too ambitious as to do list. So one of the things for example was literally just making dinner and I made this really good salad bowl today. It was delicious and I had it with some pitta bread and some rusted parsnips and carrots as well which turned out really good. And I do enjoy having dessert as well so I had some homemade whipped cream with some mixed and some green cream. After dinner I would just go outside and I like to read at the moment I'm reading car in the sun during really enjoying and I will also try and do a little bit of writing so that might be poetry that might be nature writing just something to get me to put pen on paper because I re-end by doing it. Then I had a shower when I got inside and I got made of computer. I love having computer every day and it's meant to be really good for your gut honestly if the new reason I drink the dishes because I find them delicious. And after doing a bit more work which I didn't show I will get myself some pattern T before winding down for the night. So I will turn off my computer. And I will also cover my computer screen with this piece of linen fabric. I think it's more of a mindset thing but it signals to my brain that we're done with walk for the day. Here's what I love being very cute. Hey! I'm so happy. Next I'll listen to the skincare I just put on the ordinary facial serum and then I said that I didn't have any face cream that but I found this one with some remnants so I'm using the character cream and then this under eye cream as well. And finishing it off with some bomb.com lip balm. Then I will tidy my room because I really don't like waking up to a messy room and I will get into bed. It's a very simple night routine that I've got at the moment for days that I'm working. I will set my alarm on my iPad. Sometimes I will watch a YouTube video or two as well but this particular night I didn't. I just wasn't in the mood and I wanted to read some more of my book instead. So the amount of time I spent reading really varies, it really depends. It can be between like 20 minutes and an hour. It just depends on how tired I am. But that's my night routine. So thank you so much for watching. I hope you enjoyed and I know it's very simple. It's very short. But I hope that you have more than just a productive week.

# Summary:

Ruby is sharing what they do as part of their night routine while they are working. This includes activities such as taking a moment to be in nature, changing into something more comfortable, drinking water, replying to emails, going on social media, journaling, reading, writing, tidying, and setting their alarm. This simple routine helps them to wind down for the night and have a productive week.