

S T A Y

H O M E



Keep up with self care and try eating healthy

Take a walk alone

Try to bake something new

Handwritten notes on a piece of paper, including the words "I miss you" and "I love you".

Do some arts and crafts



Here are a few tips and tricks to stay sane during social distancing and isolation



CONTENTS

3

this month



4

moodboard



5

playlist



7

baking



CONTENTS



MAY

an introduction

This month marks the second month of quarantine, there's been just over 30,000 deaths from COVID-19 in the United Kingdom with Greater London taking top place with 18,000 deaths. Lockdown was just extended for another 3 weeks, our 2 metre division rule was just lifted, family meetups have moved to Zoom calls along with sport 'get togethers'. Living quarantine on daily walks and jogs, binge watching every show imaginable, baking any cake you can think off, talking to my friends through a nugatory screen. We just finished the peak of Covid but another 11 are expected to happen, your local corner shops are finally able to stably stock food and toilet roll without being rushed within the first hour of opening. Life won't return to normal for a good year or two, it may become the norm to wear masks on public transport and in huge events. In these dark times, who knows what will happen, will we ever see our old job profession revive from the economy lost, will we ever see our old friends from secondary school, who really knows from the days, months and years to come.

-mia head-

2020

MOODBOARD



Stay Safe!

Stay inside!!!!



PLAYLIST

Always Forever - CULTS
Sunday Best - SURFACES
Deviltown - Cavetown
LEMONS (demo) - Brye
Girls - Girl in red
Prom dress - Mxmtoon
Like that - Doja Cat + Gucci mane
Electric Love - BØRNS
Redbone - Childish Gambino
Ophelia - The Lumineers
Ribs - Lorde





gr
en
is
ac
2

10 hours of

BANANA LOAF

a warming banana loaf recipe, made using the ripest bananas. This delicious loaf cake, best served in thick slices, is one of the most popular recipes during lockdown.

INGREDIENTS

100g butter, soft

175g caster sugar

2 eggs

2 ripe mashed bananas

225g self raising flour

1 tsp baking powder

2 tbsp milk



INSTRUCTIONS

Lightly grease the loaf tin and line it with non-stick baking parchment. Pre-heat the oven to 180°C/350°F/Gas Mark 4. Measure all the ingredients into a mixing bowl and beat for about 2 minutes, until well blended; an electric mixer is best for this but of course you can also beat by hand with a wooden spoon.

Spoon the mixture into the prepared tin and level the surface. Bake for about 1 hour, until well risen and golden brown. A fine skewer inserted in the centre of the cake should come out clean.

ART + EDIT



LOOKBOOK

category is : coronavirus comfort



staying home



daily outing



pj day

PLANT PAGE



CHAMAEDOREA



DRAGON TREE



JAPANESE SAGO PALM



SPIDER PLANT



WEeping FIG TREE



HEART-LEAF PHILODENDRON



DEVIL'S IVY



CHINESE EVERGREEN



DIEFFENBACHIA



SNAKE PLANT

here are 10 of the best plants for first time plant owners



QUARANTEEN

FEATURED ARTICLE BY SCARLET MEDLOW

In this troubling time we are living in, it's difficult to stay sane and happy. A lot of younger people are feeling the effects of lockdown; it is important to keep ourselves fit and healthy both mentally and physically!

In lockdown, boredom sets in almost automatically. During any other time we would be almost ecstatic to spend the day in bed, however doing it everyday is not what we envisioned our summers to look like. I know that being stuck inside all day, except for our hourly exercise, can be somewhat challenging when it comes to eating habits, not only are houses stocked with non-perishable or dried unhealthy foods such as canned food, crisps, biscuits and high sugar cereals that take a long time to go out of date, therefore reducing the amount of trips to the supermarket... But we also feel more of a need to overeat. Whether that's due to boredom or because it is the only thing in the house.

Don't get me wrong, there is no issue with eating comfort foods. Especially in this time we are living in! We want food that make us feel happy. But eating these fatty and sugary foods can do the exact opposite in the long term. Not only do these foods increase tiredness and fatigue, something that would lower our mood significantly but the fats from unhealthy food can trigger your brain to crave more food. To break this habit, it's suggested that you replace unhealthy snacks with similar, but healthier foods.





During this quarantine period, teenagers are spending an ever-growing amount of time on social media. While it can be really great to catch up with friends and family you can't go and see, it can be a big issue when we are being almost constantly bombarded with pictures of so called 'Instagram models' who's job is to post well lit, sometimes edited pictures of them living the desired life style. While in lockdown we are in our pyjamas with messy hair and no makeup, they seem to be posing for cameras, looking fresh in their designer loungewear. Seeing this, especially for teens, can be super annoying. And can make us think this is what we need to be instead of the completely ok reality. Something you can do to combat this feeling is to take a few hours off of your social media accounts. Especially during your hours exercise. Also make sure you are following accounts that make you happy, or benefit you. Next time you log into Instagram or Twitter, just go through your following list and get rid of the people who's posts don't positively impact you!

But it's not all bad! One really great thing about being inside all day is that you have an opportunity to discover more about yourself. A lot of the time when we are at school we are pressured to follow trends that other people are following. While you are at home why not take advantage of the time and pursue some interests.

With all that said, don't put too much pressure on yourself to become the perfect person during quarantine. All you can do if nothing else is focus on staying happy and spending time with the people you live with.





ISSUE ONE

MAY 2020



S T A Y

GOODBYE :)

S A F E