

INSIGHT

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April 23rd

I'm pretty sure many of you have lost track of what day it is, let alone the date. Well let me tell you then, it's April 23rd today, it's Thursday. But it's not just another Thursday.

According to *daysoftheyear.com* and *checkiday.com*, April 23rd is celebrated globally as Talk Like Shakespeare Day, Love Your Thighs Day, Lost Dog Awareness Day, German Beer Day, and International Nose Picking Day among many other. That's a fun fact you never knew you needed (or cared for, really)!

These past few weeks we've spent more time at home for the sake of ourselves and others. I mean, who would've thought that being a couch potato could one day help the world? Surely you've considered going out for a bit of leisure every now and then, but as Shakespeare once said, *'Tis one thing to be tempted, another thing to fall.*

I understand that the Jakarta Provincial Government has extended the PSBB (large-scale social restrictions) by a month, or until May 22nd, and that can be frustrating. But please, don't risk it. Staying home saves lives, let's do that.

Here are some tips you can try to ease up the boredom. Read plenty of books, decorate your house, sing your heart out, cook up a storm, play video games (ironically recommended by WHO, merely a year after adding 'gaming disorder' to its list of addictive behaviours, yikes), train your pets.

Now, speaking of pets, my cat has been eyeing me a lot. I suppose he's not used to seeing me home all the time. He looks suspicious, deep in thoughts, like he's plotting something and just waiting to catch me off guard. Has your pet done the same?

Whether you realize it or not, having a pet during a quarantine situation benefits your health. A survey by the Human Animal Bond Research Institute (HABRI) and Mars Petcare found that cats and dogs provide the following perks: reduce stress, improve fitness, decrease blood pressure, and increase serotonin, oxytocin, and dopamine levels (feel-good chemicals).

There you go. All the more reason to love your furry friends. And please feel free to share your pet stories and their photos to stara.pedro@jakland.co.id to be featured on the next issue.

In the meantime, for those of you who who practice it, happy fasting.

Yours trully,
the community editor

