

A sense of freedom...



...whilst massively restricted

Lonely...



...but better connected than ever

Safe at home...



...but always under threat

There is time to try new things...



...but days are repetitive

## THE LOCKDOWN PARADOX

Resourceful...



...but not sure what to do

Productive...



...yet lazy

Indulging and treating...



...but craving discipline

Days lack structure...



...but planning is rife