

## In My Shoes Story

Walking has always been part and parcel of my life in Cork. Many of them have asked me, "Why don't I get a car". My answer to them is, "My home is not far from my work place (University College Cork) and I walk 40 mins to the city to get my things and sometimes they deliver it home as well." During the pandemic and the challenge, my habits changed. Usually my hubby takes my little girl, Lucy for a walk. These days I also thought why shouldn't I? I enjoyed the walks with my paw friend (of course following the pandemic restrictions). Participated in online dance sessions which did not happen earlier. Started eating home food and walked couple of times inside the house. Started de-stressing by focussing on things which I had forgotten to do such as writing poems, listening to music, spending time for myself and many more. This is my story on the habits which I had rediscovered. Hopefully, I would continue this as my routine even without the challenge.