

August 6 at 09:49 PM

Lebanon: My painful dream

When I was young my dad used to take me to new places in Lebanon, telling me old stories. Each corner has its own... What I loved the most is old and ancient souks and historical stories... I wanted to study in Lebanon, invest and work in my beloved country, and improve it... I grew up, and I started recognizing problems day by day... Political, economic, religious crisis...

Beirut is bleeding... My heart too.

People lost family members, friends, their beloved ones they also lost their houses, jobs... Everything you can imagine was lost.

What I witnessed today was horrific... Not only our traditions, old souks and buildings are destroyed ... But what kills me is seeing memories, photographs for families smiling in occasions, names, gifts... Pictures will never leave our memory and thoughts

Not a building was in good. But despite everything hundreds of people willingly placed themselves in danger, heat, risk of Covid-19 and other dangers that didn't stop them from cleaning the mess. The mess that we don't deserve, that kills each one of us, if not physically but mentally... Yes, we all have mental health problems, and mental health is as important as physical health.

But people I'm saying this and in my heart there is a lump, never lose hope someday we'll make it a better place because we are the future of tomorrow and together we are stronger.

"When asked if my cup is half-full or half-empty my only response is that I'm thankful for having one"

Pray for Lebanon... Stay positive and safe everyone ❤️



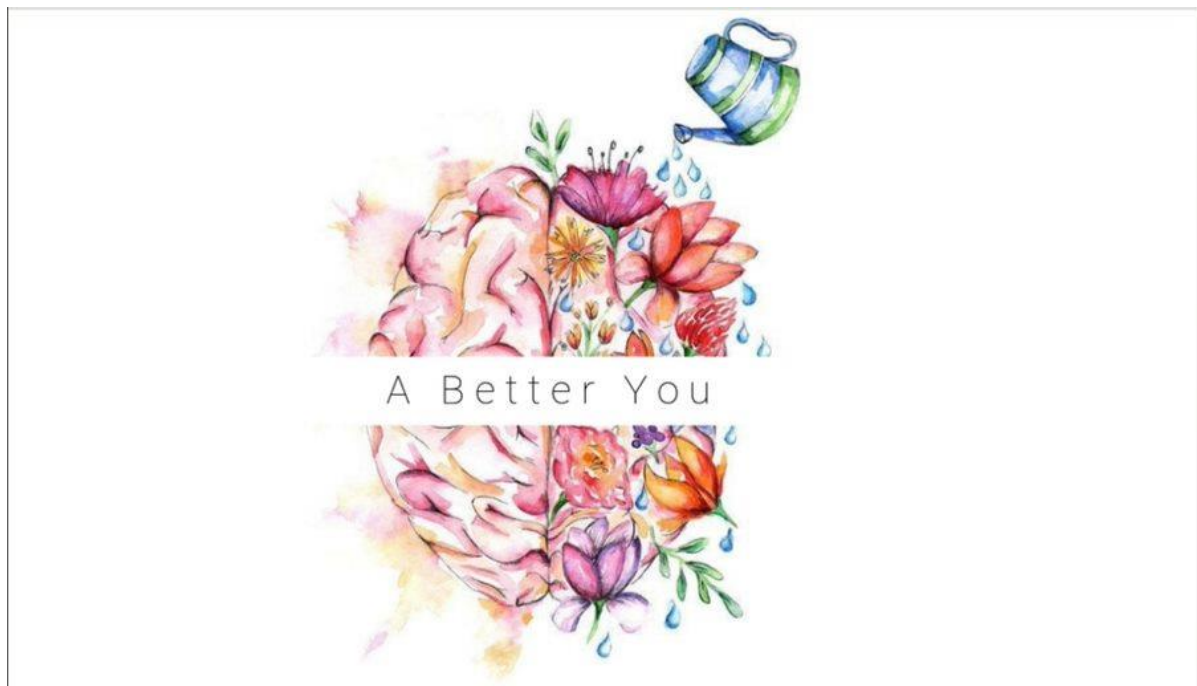
August 12 at 04:49 PM

"Mental health is as important as physical health"

Hello everyone hope all is good ♡

During this pandemic, and lately the explosion, I've decided to make something special to help everyone in need.

I've registered for a competition to present a start-up. This start-up will be an application that links psychologists to their clients. It's a safe place for people to express their thoughts, feelings and opinions.



[August 13 at 11:43 AM](#)

Hello everyone, I'd like to share something with you that I am proud of.

For me I'm taking advantage of this time during Covid-19 especially after the explosion, so let's help each other ❤️

This country has no alternative for us



August 18 at 09:26 AM

"Look deep into nature and then you'll understand everything Better" 🏕️

Hello everyone, I'd like to share with you a place where there is no internet, everything natural from the place to their food... this place is breath taking. There's a tree house, a private spot to camp and much more.

I visited this place last week because, let's be honest, I'm tired of being at home (from March till June serious and strictly quarantined and while July and August I went for a walk, to Beirut to volunteer... But of course, I took my precautions)

We barley know about Lebanon and it's gems so during quarantine my sisters and I decided to start Domestic Tourism to discover Lebanon, to refresh our minds, make new memories and of course away from Covid-19 however we took a bag full of sanitizers and masks 🧑

"I don't need therapy, I just need to go camping" 🏕️🕒

Yes, that's me 🧑



August 20 at 03:45 PM

During Covid-19 I adopted a dog "Milou" my mother was somehow against this idea because his fur, vaccine... It was a rainy, cold and foggy day when I found him...

Day by day my mom get used to this idea she started feeding him, washing him...and now he's a family member 😂😂

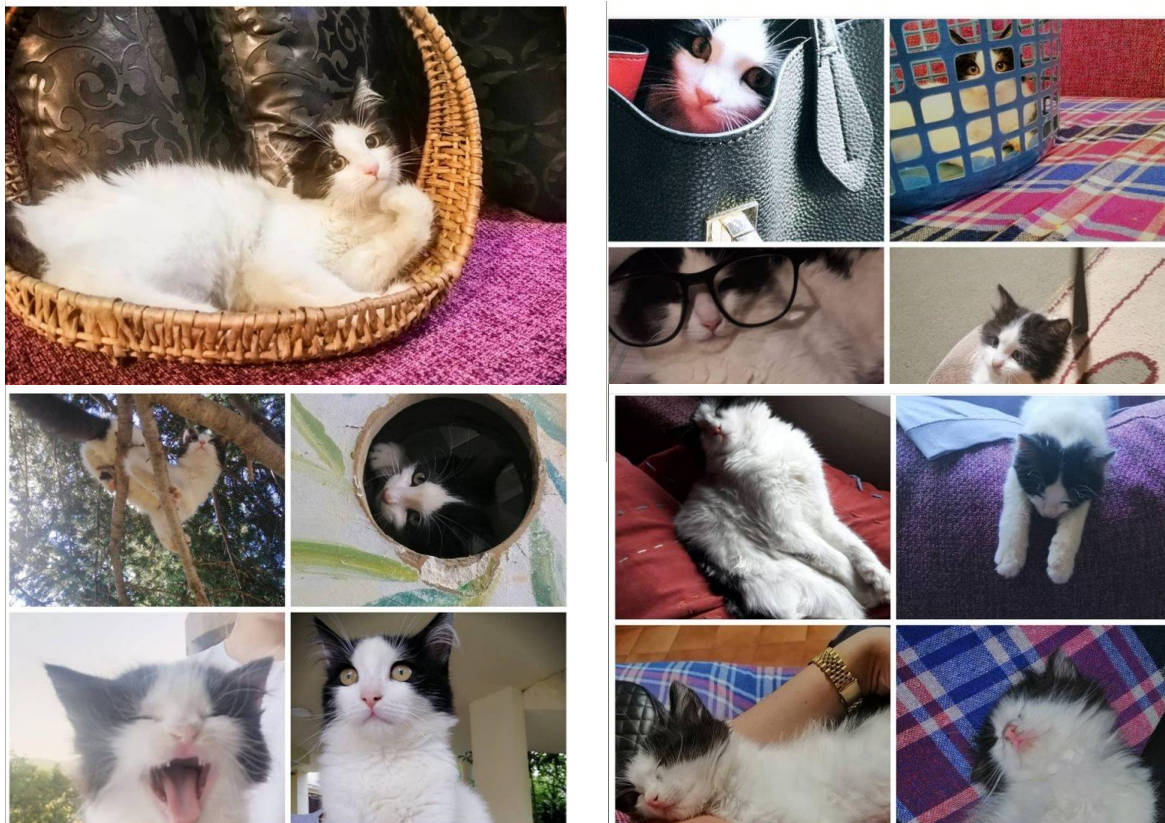
And here we go 🐾

I found this cat beside our home she looked innocent you know, she gave me this look like:" take me with you 😞" and yes I did 🙋 my mom lost her nerves she was like "A DOG AND A CAT LARA WHAT ARE YOU DOING, ARE YOU PLANNING TO START YOUR FARM BUSINESS IN THE HOUSE!?"

However, I knew she'd like her. I mean guys look at her isn't she adorable? 😞

I'll share with you some pictures. I swear it's the most photogenic cat 🐾🐾

I guess I should find a place to live before my mom kicks me out of the house 😂🙋



August 25 at 09:28 PM

Hello everyone, ❤️

So just an update for the researchers. Lebanon is going into another lock down due to the escalating cases, no roaming after 6:00 PM, certain places should open only... and so on.

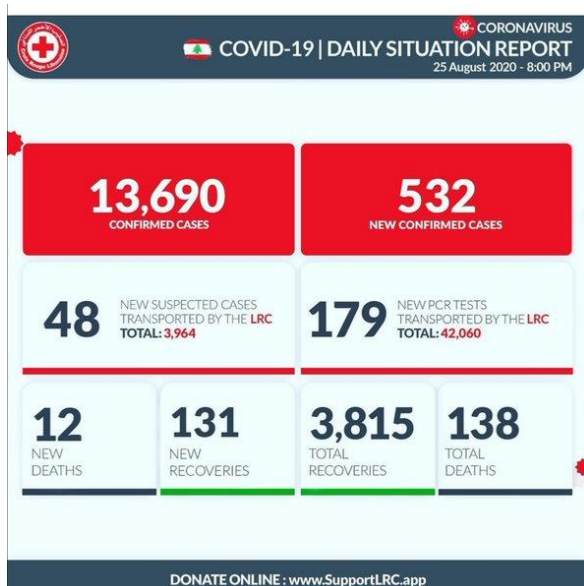
But to be honest I don't think we have 13,690 cases 😬 there's something regarding money from an international bank or something like money to help countries I'm not 100% sure, however there's a bad deal for the PCR test (in which it gives a positive results for people who doesn't have Corona 🧑) yes there is corruption in Lebanon 😬

People are under estimating Covid-19, no one is taking the precautions and I'm not sure if I'm scared or I got used to the idea like it's fine but it's not at the same time.

Our government said in September we will start this year 😬 this is my last year before college and I'm really stressing out 😬

I mean they can't control the normal circumstances how can they deal with this virus!!?

PS: Yes I am still in my own quarantine 😬



August 29 at 05:36 PM

Hello everyone, ❤️

I'll tell you what happened with my aunt's friend.

Well she went to the hospital in order to take the PCR test but the hospital was crowded so she wrote her name in a list and left.

The day after they called her and told her: "your test is positive" she was shocked 😱 because she didn't take the test 🙄

So yeah, I believe there is Covid-19 but in Lebanon the cases are escalating randomly.

Even if it's dangerous but social media and television are exaggerating.

In a village next to us they have about 5 cases but they refuse to believe in it and they're dying, however the municipality also refused to announce their name because they are embarrassed and ashamed.

And regarding schools I've heard they'll reopen soon but I really don't know how they will deal with Covid-19 and the high cost of stationery, fees...

Stay safe everyone 😊❤️



August 31 at 04:13 PM

"Life won't wait"

I took this photo during Covid-19.

As you can see there is 3 phases from this wave in seconds and maybe less 📷

We live in a loop, we are born to finish a mission.

We register in a school, high school then university. To start a new level in life which is finding a job and maybe marriage and start a new family. We are racing in this life but I learned to cherish every moment because soon they'll turn into memories ✨



This stop which I call a shock to every human being, the lock down, the fear, love... Is good actually like we rearranged our priorities.

I learned when you change your priorities you change your lifestyle 📍

Every year I used to go to my grandma in 21 March (mother's day) but this year it was different due to the lock down and I cried because this 'tradition' can't be done anymore. I miss my friends, my family, my neighbours...

But I learned no matter what our circumstances were something good will happen 🍀

I've learned to be positive all the time because nothing really matters and positivity always win. There's an Arabic quote that I like: "اضحكي اليوم وابكي بكرى وإقراؤها كل يوم" which means smile today and cry tomorrow and read every day 😊

2020 in general was a challenge for me and I learned a lot of things... I thought 2020 would be the year I get everything I want. Now I know 2020 is the year I appreciate everything I have ❤️