Sunday Reset as a College Athlete
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This past off-day was one of my favorites, filled with good food, quality time with my friends, and some fall traditions. I spent the night at a friend's house, where we started the morning by making breakfast and catching up on the events from the night before. After getting ready for the day, we headed to GaRa cafe in Berkeley to spend a couple of hours studying and catching up on work. From there, we stopped at Trader Joes to pick up some ingredients for dinner and pumpkins to carve once we were done with dinner. Once we got home, we all took short naps before starting dinner, making butternut squash mac and cheese with an arugula salad. After eating, we carved our pumpkins while talking and listening to music, eventually ending the night by watching Hocus Pocus. Between schoolwork, cooking, and spending time with friends, the day offered a balance of productivity and relaxation. This is essential for student-athletes to take the opportunity to have simple days catching up on responsibilities, while also enjoying seasonal activities.