

A Few Days of My Life During COVID-19

May 10, 2020

The state of California has been under a Shelter in Place Mandate for over one month. On this day, I was feeling very unproductive and unsettled. The day was spent cleaning up my room. I work at an eye clinic that has been closed since the mandate. However, the clinic is planning to reopen tomorrow. There have been protests and large gatherings in San Jose shown on the news. I felt a great deal of anxiety about going back to work because of these events. However, because I have asthma and am considered part of the “at-risk” group, I decided to begin working the following week of May 18th. Still, I worry for the health and safety of my coworkers.

May 11, 2020

Today, I spent the entire day baking baguettes and cookies. During this time, baking has been my savior. Eating the finished product is not what brings me joy, but it is the process of baking that calms my nerves and fills in the feelings of loneliness. It has been a great task trying to find baking yeast. It looks as though everyone else has been exploring the field of baking alongside me.

May 13, 2020

I spent most of the day completing homework assignments and catching up on other schoolwork. Personally, I prefer online schooling over in person classes. I learn more comfortably at home. However, I do miss group and class discussions. Online class meetings lack group interactions. After completing my work, I took a 30-minute walk around my neighborhood. The walk was exactly what I needed to recharge my energy levels. While I was on this walk, I took some time to reflect about myself and the world around me. Everything was

beautiful and serene. While the current events are extremely unfortunate, it has given me the opportunity to slow down and spend time with my loved ones.

May 14, 2020

On this day, I had my bi-weekly grocery shopping trips. To the best of my ability, I avoid going to grocery stores. Even going is a big ordeal. From making sure I have brought sanitizing wipes, gloves, hand sanitizer, and a mask to waiting in lines outside. On this day, a lot of items that I had on my list were out of stock. Things such as dry pasta and white bread were very limited. To supplement, I had to look for alternatives such as bagels and chickpea pasta.

May 15, 2020

I spent today laying in the sun while reading a book. The book that I am currently reading is titled "I Capture the Castle," written by Dodie Smith. It felt amazing sitting outside and reading while listening to the sounds of nature. This was the first time I have felt at peace since the pandemic. This was the first time that I have felt full of hope for the future and the outcome of this crisis.