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It's so weird how one day your life can change within the span of seconds.

I am a graduating senior at San Jose State University and within this coronavirus pandemic, my life has changed drastically. I would say there are both pros and cons to this pandemic; a con obviously being that it is a world-wide pandemic and many people are becoming sick resulting in death, and a pro being able to stay at home and focus on taking a well needed break from this fast paced world. Before the shelter in place order was signed to action, I was attending classes, going to the gym, going to work, volunteering, getting food and drinks at restaurants and bars, and more importantly engaging in extracurriculars freely. Most of the activities I just mentioned such as work, school, and extracurriculars are so routine in this society today with people always racing to get to the finish line that many people feel anxiety from taking a break for too long. I too experienced anxiety from going to doing everything to doing nothing at all. I will only go to the grocery store when necessary, with a mask and hand sanitizer staying 6 feet apart from others. I go to the gas station with gloves, a mask, and hand sanitizer in fear that I will get the virus and end up spreading it to somebody unknowingly. I am unable to go home and see my parents because they have damaged lungs and I am afraid that if I visit them during this time and I am asymptomatic, I will end up getting them sick. I go on walks by myself, stay at home, and only engage in necessary activities. The state of the nation feels like it is on pause, but time passes by so fast. There are many times where I think my mental health is getting compromised, which it is. However I remind myself that me staying at home is doing the right thing and helping save lives for the greater good. On top of this, I lost my job and had to get government assistance for the first time in my life, which I can say I am very thankful and privileged to have. So basically the state I am at right now is jobless, about to graduate with no job or proper closure from SJSU and weakened mental health. When we slowly transition out of this pandemic nothing will be the same. Knowing this, I try everyday to make it the best possible even with some of these cons. I set no alarm clocks when going to bed, if I wake up early then I am up early. If I sleep in, that's just as fine. I will go on a walk, journal for a bit, try new recipes which I've been doing too much of and gaining weight from all of the food I have been eating. I will come up with new things to do like indoor workouts, facetime with friends, painting or drawing, and my all time favorite, cleaning (it's free therapy to me). I still attend classes online but it's not the same. I always want to do it in bed, don't learn the same but I still push myself to get through

it. Thankfully the Public Health department at SJSU is really considerate about their students and this pandemic that they understand the struggles people may be going through. Sometimes I have really bad days where I can't get out of bed and I will feel anxious and overthink about what is going on with the world and its future. But I think the fluctuation of bad days among the good ones we create are normal during this time. Being a Japanese American immigrant and the first to graduate college in America, I won't lie, I was very upset that I wasn't going to have my monumental moment of graduating college and walking across the stage. I want people to know that it's okay to have these feelings of sadness and frustration, but to always think of what is best for the greater good. I am thankful that I can get unemployment benefits, a bed to sleep in and food to eat. I am thankful that I am healthy and graduating college. I am thankful to have the friends I do in my life for support. I am thankful for things to have slowed down a little bit so we can all catch a break from our busy lives. What really infuriates me is that even when proven by scientists and laws made by the government show it is the safest to stay home to slow the spread of coronavirus, people still want to protest the virus, gather in large gatherings, and show their true colors. What's even crazier is that the people who are only minorly inconvenienced are the only ones protesting. The people who are the richest, who benefit from everything in this country, the white people believe they are being oppressed and want to protest. It really shows how this country is structured, the privileges groups have over the other, and the existing racism that still occurs. It's a sad time to be in the unprepared and racist America, but at least I know I am doing my part and everything will turn out the way it's supposed to. Until then, I will keep myself occupied until there is a vaccine or public health officials say it is safe to go outside and I will have good days and bad days, but I will live comfortably knowing I am thankful for what I have and that I'm doing my part.

- M.U.