

## **Covid-19 stressors**

I am an Asian girl, born in Bangladesh. I am from conservative family, but my parents are very ambitious on my education. They always support me for my education. I am an introvert person from my childhood. I am facing stressors in my life because of Covid-19. Currently, I face a lot of stressors in my personal life and in work life. My major is public health and work as a health educator, in my work field I have to talk with different persons every day and everyone have their own unique questions. I ways face a lot of new questions in my workplace and I always try to answer to their questions. This is big stress for me at work. Nowadays, I feel emotional stressors because of living alone and this day nobody can socialize in person and I am not meeting anyone, this makes me sad. I had plans for this year but Covid-19 impact my all plans. Even my graduation ceremony is cancelled, that makes me sad. Current situation is unexplainable for me, I can get infected if I interact with people in this environment. My family was planning my marriage this year after my graduation, but all flights are cancelled for several months. This lockdown time my parents did not come to see me, and I couldn't go to visit my family too. I am emotionally stressed because of my parents are sick and they are away from me. My current work is closed too, which made me broke financially. I am hoping this Covid-19 virus end soon from our life.