

My Experience During the COVID19 Pandemic

I underwent a mountain of emotions throughout this entire pandemic and quarantine experience. At the start of the year, where the virus had not been considered a threat to us, I had feelings of indifference. I believed that there was absolutely no way that the virus would come into the country. However, my assumptions were proven wrong. The next thing I knew, the country was put in quarantine to limit the spread of the virus and provide safety in communities. It was a great idea of President Trump to mandate the shelter in place throughout the country. Yet, I was not ready for the emotional effects that it would have on my life.

I remember at the start of the quarantine, I had not come into terms with the severity of the situation yet. With the restrictions of outdoor activities, I felt suffocated in how long I was forced to stay indoors. I know that I was not the only person that experienced this feeling as well. In the social media posts that I have read, individuals were experiencing the same stress and frustration. Several of my friends, family members, and colleagues were feeling the same and this self-isolation was impacting our mental state. Though to combat these depressive emotions, we turned to using social media and various forms of application to keep in constant communication with each other. In doing this, it absolutely helped ease that sense of loneliness we were all feeling during these pressing times.

My dad is considered an “at risk” person since he has a weak immune system and underlying ailments, so we have to be cautious of who we come in contact with when we go out for errands. At the start of the quarantine, my mom would not let anyone aside from her to go run errands. I understood her reasoning as it will limit us from risking our dad’s health yet there were moments where I felt stifled and restless with staying indoors. This prompted me to start taking walks outside to give myself some peace of mind. As weeks went by and the stay at home order

continued to extend, I began to get used to the notion of quarantine and found ways to keep myself busy when I was not focusing on school work. I found hobbies in solving puzzles, exercising, cross-stitching, and catching up on television shows that I have missed. There is an upside to this quarantine in that I was able to do the hobbies that I always wanted to do yet did not have enough time for.

We are two months into this quarantine and if I were to give one advice to myself at the beginning of the quarantine, I would tell her that it is okay to feel frustrated and stressed. Presently, I realized that I focused on negative emotions, which caused me to become depressed. I wish to tell my past self that it's okay to feel those emotions but I shouldn't isolate myself from others when I need their company the most. This quarantine has been an experience that I would have never thought I would encounter. I am graduating at the end of May, though this is not how I imagined my graduation to be like, I will admit this was an unforgettable adventure.