

My COVID-19 Experience

My COVID-19 experience thus far has been bittersweet overall. It is unfortunate that the rest of our semester had transitioned online as I was looking forward to spending the semester learning in class and interacting with my peers. Given the circumstance, I understand it had to be done for the safety of all of us. It has been sweet as well as this allowed me to spend more time with my family, as prior to this pandemic I did not have the time to spend quality time with them. It also allowed me to relax as prior to the pandemic I was working consistently as well as attending my classes. I have also been pushing myself to exercise more and eat healthy as I have the time to make healthy food and work out. Although the gyms are closed, I make full use of the resources I have at home by using heavy bricks or running back and forth around my neighborhood. Personally, this pandemic has been a blessing in disguise as I am able to focus more on myself rather than confining to the fast paced lifestyle I was accustomed to. It also allowed me to properly fast during our holy month of Ramadan, as I had time to pray and read our Holy book. Hopefully, once this pandemic is over, I will be able to transition the good traits I developed like eating healthy and spending time with family to the fast-paced lifestyle.