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### How Covid Has Affected Me

To start, I did not believe Covid would have such a huge impact on my wellbeing as a student. As a graduating senior I was so accustomed to a certain way of operating in college and it was working very well up until now. Covid has affected my mental health and my physical health greatly.

Covid, being a virus that can spread easily from person to person, has affected my mental health because it has completely shut me off from the outside world for a while. Not being able to socialize with friends on a daily basis as well as not being able to go out and eat at a restaurant has made me appreciate the times before Covid appeared. I have felt many emotions toward Covid. The virus has made me feel lonely and depressed since we have had to quarantine. Covid has also brought upon me so much stress that it is almost unbearable. Like mentioned before, I am a student who likes having a routine way of operating if it works for me. Being in school for so long has taught me ways to cope and keep myself sane but since school is now online and I do not get the extra stimulation of being in a classroom or the one-on-one help from a teacher, I find myself lost and missing many due dates. This is extremely stressful since I would like to graduate with the highest GPA I can to make myself and my parents proud of what I have achieved at San Jose State University. I plan on going to graduate school and the requirements are very rigorous for being accepted so I have anger towards Covid because it has come at such an important and sensitive time in regards to the transition that is needed. I have missed many

deadlines and will continue to miss many deadlines as I try to adjust to the online format that is so new to me.

Covid has also greatly affected my physical health. Since Covid has kept us indoors, I feel my body missing the sun. I know I can always walk outside, but with limited options to actually interact with, I find myself sulking more and more. As for my nutritional health, I tried to find ways to cope with the loss of things to do and places to eat at so I tried to cook and try new foods but these foods were not of much nutritional value. I had actually gained a significant amount of weight which has affected me greatly. I lost confidence within myself and didn't realize because I had lived such a sedentary lifestyle now that the weight just snuck up on me.

Covid has also done great things for me as well. Covid gave me time to reflect on what I want in life and I had enough time to actually pinpoint a plan that will get me there. I never had the time to stop and think pre-Covid so this time was very valuable to me. I also picked up on hobbies such as running in nature, cooking and trying different cultural foods, and found a passion in trying to make clothes for myself. I also changed quite a lot about myself and found new ways to be happy with how I look and changed my style a bit.