

The Covid-19 pandemic drastically changed the lifestyles of people around the world, including mine. I have learned to expect the unexpected because anything can happen at any given time. This pandemic has given me a new perspective on the way I live my life, and has also taught me to be more appreciative of what I have. For example, some families were affected more from the pandemic than others. Many people were unable to work during these hard times leading them into financial instability. My mom was greatly affected by the pandemic due to her job being temporarily closed. She had to rely on weekly unemployment checks which unfortunately, was not enough for our standard of living. Throughout quarantine, I was under the constant state of stress and was worrying about stuff that someone my age should not be worrying about. I was constantly worried if my mom would make enough money from her unemployment to cover all of our monthly expenses. On a more positive note, this pandemic has given me the opportunity to spend a lot of quality time with my family. Before the pandemic, my family never really got the chance to bond due to everyone having different and busy schedules. The long period of quarantine made it possible for my family to sit down together at every meal and actually talk. I felt more connected to my family during Covid than I ever had in my life. The Covid-19 pandemic also gave me the opportunity to take a well needed break from the world to focus on myself. Prior to the pandemic, I was barely getting enough sleep, exercise, and had a poor diet. During quarantine, I was able to sleep for as long as I wanted, and found myself having more free time to get some exercise. Additionally, I started to eat a more balanced diet and ate less fast food. I was able to focus a lot on my physical health due to the pandemic. I want future generations to know that living during the Covid-19 pandemic was not easy. They should know that things should not be taken for granted because

anything could change in a matter of seconds. Even freedom should not be taken for granted because it can be taken from you with a blink of an eye. For example, I would have never imagined that I would be forced to be in quarantine for three months without being able to see friends, go out to eat, or even go shopping. Future generations should know that living during a pandemic is very challenging, and they should take our experiences and learn from it in order to prevent another pandemic in the future.