

My personal experience with COVID-19 was a rollercoaster of emotions. Initially, I told myself that I was going to workout everyday and increase my fitness. This did not happen and, unfortunately, I became sedentary. I played X-box instead of exercising and slept a lot. My sleep/wake schedule got off track. I was going to bed at around 4 and waking up at 2. I fell into a state of depression for a few months.

Online school started up a few weeks into the quarantine but I struggled to find any motivation to go to class and complete my work. I was very distraught that my senior year was basically ruined. Prom and graduation were cancelled along with all the other fun events that seniors look forward to. COVID-19 has been a surreal experience but one that has made me stronger. I am proud of myself and the people in our country who quarantined so that we could save lives.

I want future generations to know that life during the COVID-19 pandemic was extremely difficult psychologically and emotionally because all our usual activities were suspended and so many people (especially the elderly) died. It was particularly hard for high school seniors as we lost senior spring, which is a highlight of high school and a once-in a-lifetime experience. Future generations should know that essential workers and medical professionals risked their own lives for others well being.

