

On March 13, 2020, I left school early not realizing what the world was going to turn into. I remember vividly walking to my car wearing a Sacred Heart sweatshirt and driving home thinking I'll just return to school on Monday as normal. On Saturday my mom received a phone call from the school saying that we will have 2 weeks off mandated by the state due to the spread of the Corona virus. Me and my friends were spamming each other so excited that we had time off school. That excited feeling soon turned into long months of loneliness and mental instability. Starting online school was a drag and ultimately led me to fall into a deep depression that I didn't think I'd be able to escape. Sitting in my room day after day alone, barely being able to keep up with assignments and dealing with various family problems; I felt like a prisoner to my broken home. As much as I wanted to leave my house and go somewhere, there wasn't much I could do. Daily drives to the beach were beautiful and scenic but became boring after going multiple times a day. I

felt trapped inside a nightmare and had no idea what to do. I ended up not being able to get out of bed for multiple day because my life did a complete 180; I went from hanging out with my friends every day to being completely isolated. Watching my family struggle more and more with finances because my father was out of work was devastating. I ended up meeting with a therapist over zoom to find some positivity and hope in my life. After a few sessions I started becoming more hopeful and thinking of my future for college and life ahead. I am happy to say, although the beginning of this quarantine was a struggle, I was able to find some hope and pick up new hobbies like art and computer graphics to feel grounded again.