

Covid-19 threw an unexpected curveball towards most of the world last year. Sometimes you see an event on the news and think, "that's unfortunate," but in the end, you are detached from it. This was not the case with the COVID pandemic. Covid-19 impacted our lives in a very direct and prolonged way. The isolation and feelings of detachment due to stay at home orders, social distancing, and mask wearing affected a large part of the population.

Primarily, those who died and or were hospitalized by the disease had it the worst. However, young people, who were not especially at risk of the disease, had it tough as well. Prescriptions of anti-depressants were through the roof for students. The effects of isolation hit hard on this demographic because many of them were not established in their lives. Many of them had just moved to a new school or a new college. As one can imagine, it was incredibly difficult to socialize.

Personally, my experience with covid was difficult. I transferred to a new school for my last year of high school. It was very challenging to make meaningful connections with people in school. Even out of school, masks seemed to dehumanize people. The isolation had an adverse effect on my mental health.

One of the big takeaways from the covid pandemic was realizing how much we value the things that are important to us. The lack of visiting our families, going out to do things, being with our friends, and more emphasized what is meaningful in our lives.