

My own personal experiences during the COVID-19 pandemic have mainly consisted of a ton of self-growth and self-reflection. Throughout this pandemic, I've learned a lot about myself and grown as an individual drastically. I am not the same person I was when COVID-19 first started, which was during the second semester of my Junior year of high school. Now that I am a freshman in college, I've realized how much this pandemic has affected my life up until this point, and how many things it has taken away from me. Due to COVID-19, my senior year of high school was entirely online. This means that my entire senior year experience was basically taken away from me. I was isolated from my friends, and after a while, doing school virtually became very depressing for me. Everyday started to feel like a never-ending repetitive cycle, and being stuck at home due to quarantine made it even worse. Not being able to leave the house, not being able to hang out with friends, and having to adjust to online school was extremely overwhelming. It took a huge toll on my mental health, and such isolation led to me feeling extremely lonely. All I wanted was for life to go back to normal. Given all of this free time due to being stuck at home, the only positive outcome was that I had a ton of time to self-reflect and reassess my life. I became so miserable because of quarantine, but it ended up bringing my family and I much closer to each other, and it also made me learn not to take our loved ones for granted, because luckily none my family members contracted COVID-19 and were all fortunate enough to stay healthy, but many people unfortunately did experience this virus taking away a few of their loved ones.

What I would want future generations to know about what life during the COVID-19 pandemic was like is that it affected the health and mental health of most

people. It caused symptoms of depression to increase considerably, raised unemployment rates, and has put a “pause” on everyday life.

In conclusion, COVID-19 has affected the lives of people worldwide, and has put a “pause” on everyday life. We might not know when life will go back to normal, all we can keep doing is staying safe and following protocols. Slowly but surely, everything will go back to normal if we all do our part to keep everyone safe and healthy.