

The COVID-19 pandemic was a very different time for people. It was something that most people have never experienced. The feelings of loneliness and sadness were very prominent. Every day on the news, the death rate would increase as well as the rules of isolation and quarantine, personal protective equipment (PPE), and the closures of schools, stores, and businesses would increase too. It was very difficult for everyone.

Personally, at the very beginning of the pandemic, I enjoyed staying home from school, sleeping later in the mornings, being outside every day, hanging out with my friends, and having a break from my usual, busy life. But eventually, as the pandemic spread and it was getting worse, I saw how bad it really was and it was not just time off from school. People I knew and my family knew were getting sick, dying, losing their jobs and money, and having an overall negative experience with what was going on in the world.

When the reality of the COVID-19 pandemic finally hit me, it was hard, sad, and awful. I was so bored sitting around my house not being able to do anything and I was starting to feel depressed and lonely. I was upset by the news I was hearing about the people in my city and those in my country. It was awful for my mental, social, and physical health. Ultimately, it was something I could have never imagined.

However, I didn't want all of that to continue to bring me down. During the early months of quarantine, March into August, I started to set a routine for myself to make sure I did not spiral into a depressive phase like I heard many people were. I would wake up at a decent time in the morning and eat a healthy breakfast while I did some schoolwork for about two hours every day. When I was done, I would workout. Afterwards, I would eat lunch, shower, and spend time with my family. In September, school started back up again, and we were on a hybrid schedule going in for two days and being virtual for the next two days. Slowly, a sense of normalcy started to return to my life, and it was a great feeling. And it has been getting even better since then.

I think that this pandemic had a different impact on everyone. Many people lost loved ones, had negative effects on themselves mentally and physically, lost their money, jobs, and homes, and overall, there was an enormous impact on the world itself. Although I did not have the worst experience with the pandemic, it was tough for me until I found a way to make myself feel better.