Primary Source Reflection 1

Each person today has had such different covid experiences, in this paragraph I will be going into depth my own covid experience. My sophomore year of high school, I was homeschooled, taking classes at home for months due to several different circumstances. The feeling of isolation consumed me, being able to see my friends on the weekend is what kept my mind at peace. The moment I have been yearning for finally happened, I was able to go back to school. Being allowed to go back to school was a huge relief for me because I was finally able to feel normal again. Once things finally felt routine again, the universe had other plans. On March 12th, 2020, my high school officially shut down. That feeling of isolation and anxiety returned when I realized I had to be home again. Months prior, I had an anaphylactic reaction to a dairy product. Being home with no resources affected my mental health immensely. Every day I would think about my reaction, and I had a challenging time learning to cope. After weeks of feeling like this, I resorted to taking Benadryl to make the days pass. I would wake up in the midafternoon after being awake for the majority of the night, then take more Benadryl. I lost the sense of joy and excitement after a while, feeling like I had only myself and my bottle of Benadryl. Days went on and I eventually started talking to more people over the phone. Isolation soon felt like relaxation. Going outside and feeling the warmth of the sun touch my skin made me realize that everything will be ok. Finally, the world was no longer on lockdown, we were all able to see each other and adapt to the new "normal".