Is depression a symptom of this pandemic?

I would have never thought that I would experience a pandemic in my lifetime. There are several accounts, especially in history books of epidemics and pandemics that have swept populations in different countries. At the beginning of the year when there was mention of the novel coronavirus, I did not believe that it would cause this much of a change in our world, and with my mental health. I attend California State University, Sacramento, and my disbelief of the novel coronavirus and its impact began to disappear after when university campuses started to close down around me. I am also a biology student, and as the country started to gain more information about the virus and its impact it had on China, my biology professor revised one of his lectures to talk primarily about the coronavirus. He mentioned to keep our hygiene the best and eat a balanced diet, because the virus does not do much damage to a healthy human being. Of course, he also emphasized the symptoms and if we had any, to self-quarantine for at least two weeks. Despite it also being flu season, I would wonder why our campus did not take the same approach as the others in closing as a lot of people around me on campus were getting sick, not thinking about how going to campus would affect me overall. My day to day life changed drastically

At the beginning of March our campus decided to close down. I was extremely excited as I thought I was going to be able to have a break. I am a sophomore in college taking 18 units this semester. We had to switch to online learning for every class, including my laboratory classes for biology. At first it was easy for me to keep up with my schoolwork, but I noticed a trend where some of my professors kept adding assignments into our online courses. Being at home has made me realize that I took campus life for granted. Being on campus helped me stay concentrated and focused on my assignments. My campus would not allow me to fall behind on my assignments, because my reward for finishing up all of my work was to be able to go home and rest. I also had a lot of social interaction while being on campus.

My day to day life before the global pandemic consisted of my school day starting at 7:00am and ending at 7:00pm. In between I would go to my classes, and during my breaks I would eat, work on some homework in between classes, and take minibreaks to rest my brain. I am a person who follows routines, and this routine worked with me the best because it grew on me. Towards the end of the week, I would work at my job on the evenings right after school. I was able to get social interaction from my classmates, coworkers, and even customers from my job. When the pandemic started to become a serious problem, places that were considered essential and also hang-out spots were closed, and people were then confined to their homes. I for the entire of month of April I had to self-quarantine from my job since I have family that are immune efficient, although my job stayed open. Being at home for the entire time was rough for my mental health, as I depended on socialization and going to school to remain productive and keep my mind busy from my own thoughts.

I have not felt any motivation to do any of my work since for me, being at home meant being at rest. I am still finding it hard to be productive, but I am looking on the Brightside, giving

myself a positive note that I had finished the semester. To be honest, this semester was my hardest semester as I tacked on 18 units, but not knowing this pandemic was going to happen. Creating a new routine at home has been difficult and building up the perseverance to maintain the routine has been tough on myself. A routine only sticks with me when I truly enjoy it and I do not enjoy being at home one single bit, so to this day I am still struggling to find a great routine that works with me and will keep me productive, that prevents me from going outside.

Spending a large amount of time with my family has been great, but I miss being able to talk and socialize with other people besides my own family. The only thing that this quarantine has made me realize is that I only wish for things to go back to normal, and hope people take their part in staying at home, avoiding putting others at risk. I have much respect to the frontline workers we have and to those who are taking the quarantine seriously and that care for others. I really hope by the next year, I would be able to revert back to my old routine that I will cherish twice as much. If you are also having a hard time being at home, I would just like to say thank you for doing your part, and think of all the great things you'll be able to achieve in the future because you helped limit the spread of something that can be deadly to another person. Here is to 2021.