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Covid-19 Contribution

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### How Covid-19 Affected My Life

It is no secret that the coronavirus pandemic has affected the lives of many people around the globe. This pandemic has affected many people in a negative way, including myself. In this contribution I will talk about how the ways that it affected me personally as well as my family and close friends.

One way that the virus affected my life happened while we were instructed to stay at home and self-quarantine. Everything in my state had been shut down, much like the rest of the country and world. I was unable to visit with my family, and friends that I was used to seeing on a daily or weekly basis. This caused me to fall into a depressive state that I had never experienced before. I went from being happy and carefree to only getting out of bed for work. I just became anti-social and very depressed. It was an experience that I really do not want to go through again.

Everything I did was controlled by either the government or my mom. I was only allowed to leave the house for work and when I came home, I had to shower immediately. Like most people, my mother feared this virus and the potential harm that it could bring to our family. I remember being extremely angry with her and the various health officials because what I was once free to do, I was no longer allowed to do. My church went strictly to online services just to follow government stipulations. While being able to be a part of church virtually was better than nothing at all, I felt very hindered. This is because I am the only person in my family that attends church, and my parents are not accepting of it at all. I eventually stopped engaging in the online services because I was tired of my mother complaining about it. At this point I felt that I had lost everything. I lost connection with my friends and family, I lost the ability to go out in public for anything, I lost the ability to attend church.

While I was not financially affected by the coronavirus pandemic, I was affected mentally in many ways. It was difficult for me to explain in this short contribution because I am not one to share how something made me feel or affected my life. I hope that this helps someone to know that they are not alone if they have felt this way due to the pandemic or other reasons. #REL101