

I am a student at Brooklyn College majoring in Health.

Course Code: HNSC 2100

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COVID-19 has and continues to drastically change the behavioral aspect of me and my family. The pandemic has made us as a family more sensitive regarding our emotions when in the workplace and prone to excessive arguments when at home. Although schooling is online now, both of my parents still go outside to go to work and still come back to the same home to rest. Sometimes we think that it is a bit frightening to do so. However, my two siblings and I reassure ourselves that if we stay away from our parents until they disinfect themselves then it is alright to welcome them home. On other days when the whole family is at home, we could argue about minuscule disagreements that would leave tears in our relationships. Before the pandemic had us locked down, we would rarely have any fights. COVID-19 has made it difficult to communicate with each other as a family and has limited us from our friends and other relatives. I believe that since online schooling is already difficult and with the fact that we are recommended to stay at home as long as we can has made it hard for me and them as kids to continue living “normally”. Despite this, we are managing to take our time with dealing with one another and to be more understanding that this is not only difficult individually but also as a family.