

In the midst of this COVID-19 pandemic, life has been anything but certain. Everything is different, for better or for worse, whether we like it or not. Societies across the globe are struggling to keep their heads above water as they attempt to adapt and swim through every new COVID current. We're learning how to manage our mindsets, our emotions, and our ability to adapt. It's been a trying time and there has been much hardship. So much has been lost in these past few months, but there have also been things gained. In my life, I've been trying to focus on the good that has come out of this time and I want this report to reflect that.

In this time, I've had much time to reflect back on my life and analyze my current and past relationships of every kind. Being in quarantine has given me a much-needed break from social reality and has uprooted my unhealthy relational habits and brought them to the light. These past few weeks I've had much needed time alone and I have internally discussed the benefits of quarantine life. I've realized how this time of self-isolation has given me time to foster my relationships with the people I live with and how isolation has encouraged affection and immediacy in my relationship with my sister and given me the time to reconnect with her. Along with this, isolation has helped me manage my friendships and appreciate my relationships with people with whom I'm separated. Lastly, how my perception of love has changed since the pandemic and how it has gifted me with a new perspective on the kinds of relationships I want to pursue in the future. It's helped me pinpoint the qualities I want in a future romantic partner, and helped me identify how I've loved in the past and how I want to be loved in the future.

This time in my life, like for many, has been really hard on me in terms of my academics, social life, autonomy, and mental health. I've had a lot of time to think of all the ways that COVID-19 has hindered my happiness, but it's also given me time to reflect on the good things that it's made space for. I feel very fortunate to be in a safe and healthy place to easily do so. There are many people during this time who are living in unsafe conditions. It's hard to complain about the difficulties in my life when there're people truly suffering. This time has given me a chance to think about my community and how, now more than ever, we need connection and relationships.