What covid 19 has made me feel and lost...

So in the begging of the covid 19 we didn't take it serious well I didn't i felt this was going to blow over in a couple of weeks and we would be able to go back to school like if nothing happened. I never expected for the virus to explode the way it did. It has prevented me on finishing my first track season it has prevented me from going to see friends and family it has prevented me to go and learn and celebrate in school, and all this has me really conflicted i mean i know I'm not the only one but I'm frustrated that i can't go out and live my best life, i can cant go and do hands on learning, i cant see my future as i did before i have been having some trouble learning everything is just crazy in the world right now.