

The impact COVID-19 had on my mental and emotional health.

DISCLAIMER: This item may have been submitted in response to a school assignment prompt. See Linked Data.

My experience throughout this unexpected pandemic took a toll on my state of mental and emotional health. When I first found out about how quick this virus was spreading throughout our city, schools were still not closed officially and I was still traveling on public transportation to work. When taking public transportation, due to the lack of masks, I had to wear a scarf around my face because that was the only way I could think of protecting myself. I was anxious all the time, but most especially on the train and bus rides, my anxiety would get the best of me, so much that at times I felt like I had to hold my breath so that I can minimize my exposure to contracting this virus. Once things started getting really bad and schools and non essential jobs finally shut down, it was a slight relief. Switching from in person lectures to virtual learning was not as easy as I had thought it would be. I was now not only anxious and worried because of this pandemic and the health of myself and my loved ones but also because I was having a hard time trying to adapt to a different style of learning. I was taking two science courses, both biology and chemistry which were not the easiest topics for me. To prevent us from "cheating" professors had made the exams much harder which was another stressor. Throughout the spring semester I was staying up really late at night trying to study in every way possible so that I would do well on my upcoming exams. Whenever I had the time to sleep I just couldn't because my anxiety wouldn't let me. I would have never imagined this getting so bad, I thought maybe with quarantining we would have it under control but unfortunately this virus is still on going and who knows when we'll get back to what was considered normal.