

A Time For Reflection

Like everybody else, I have recently spent the majority of my days at home. I can say that I have had my fair share of ups and downs, some that I never even saw coming, but I think that there is a lot that I can take from my time in isolation. Of course, I really miss some things about my normal life such as talking to my friends every day at school and practicing for my school's track and field team, but in the end, I realize that I have to fix my head onto the present and do what I need to do right now until the whole COVID-19 pandemic blows over. I joined my school's track and field jumps team this year, and as season approached, I was stoked to see where my performance would stand. I actually felt as if I had found a hobby that I genuinely enjoyed doing, and even better, it was productive too. Its hard knowing that something so out of my control impacted my life as well as the lives of those around me so much, but at the same time, I have to remember that there are countless other people that have it way worse than I do. I would say that I am upset about not being able to experience track season this year, but I can always look forward to the next, or at least the possibly of there being a "next season". As for some other student athletes, they have it worse. Many seniors did not get to have their final moments in their athletic career, and worse, they won't get the graduation they looked forward to. It is sad when you realize that so many people have been affected by this pandemic, but it is important to look forward in the face of adversity. I admit that I spent way too much time complaining about what I won't get to experience because of the corona virus, but I recently began to see the lesson that this quarantine is trying to teach

me, to teach all of us. For anyone awake during these uncertain times, it seems as if the year somehow gets worse and worse every month. As disaster rears its head, we must act appropriately in order to turn each moment of misfortune into a learning experience. I am grateful for what this quarantine has helped me realize, because with all of this time reflecting, I feel like I was given the time to really think about my past and my regrets. It would have been easy for me to say that this pandemic has made me miserable, but I want to bring light to such a dark time by acknowledging the positives I have been obtaining from this quarantine. Although many of us have lost a lot, there is always hope for new opportunities in the future.