

How Does the Pandemic Covid-19 Change My Family's and My Lifestyle?

The pandemic Covid-19 event makes a great change in my family's and my lifestyle in many aspects of our living. Like most people, several big changes that happen in my family and I include that we all adapt to wearing our own face mask when anyone of us has to go out of our home; that we get used to do washing our hands with soap liquid for at least 20 seconds before we need to touch our own face; that we must take a shower once we get home; and that we keep at least 6-feet distance from each other at home and anywhere. Besides, before the event, I used to do aerobic physical exercises outdoor for 30 minutes almost daily. In some of my past days, I used to do jumping with a jump rope in the Nostrand Playground near my home in Brooklyn. In my other past days, I was fond of doing gym and sometimes I enjoyed playing a basketball in the CUNY Brooklyn College's West End Building. After the pandemic event happened and the college was closed on Thursday, March 12 in this year 2020, I have been keeping on reading and writing for my school assignments. But, after focusing on my academic work for around 6 months until the August of this year without doing adequate aerobic physical exercises regularly, I suffered a minor gloominess caused by my chronic condition of insomnia, sleeping irregularly and sometimes too much almost every day. Hopefully, I can eventually overcome my chronic condition by initiating myself to do half-an-hour calisthenics at home once I wake up in every morning and to do 10-minutes calisthenics in between my study breaks at home. As usual, I enjoy cleaning things as needed and to do mopping the floor at home once per month.

Furthermore, in this fall 2020 semester, I am pleased to encounter Professor Margrethe Horlyck-Romanovsky who has encouraged students, including me, to do more extra credit assignments by participating in some public health-related workshops and events as well as watching films related to public health, which is very important for me to develop my health-related career. It is essentially significant for me to know Professor Michele Greene who have recommended students, including me, to do an extra credit assignment by reading Anne Fadiman's story book named "The Spirit Catches You And You Fall Down", which "changed how doctors see themselves and how they see their patients" as written by Perri Klass, M.D., author of *A Not Entirely Benign Procedure*. Although I have not started to perform these activities related my extra

credit assignments, I strongly believe that they are going to enrich my spirit life in addition to letting me widen my horizon in the aspect of health-related career.

Written by: Tan Hung Lai, BS degree in health sciences' student

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