

For many the COVID 19 pandemic represented restrictions, fear, difficulties, or other negative influences. For me however, COVID became a powerful positive influence that changed my life for the better. In December 2019, I was just coming off a second discectomy. My life at the time held a lot of chaos, fear, and frustration. When the pandemic hit, to be honest it barely felt like a blip because of all the other things going on in my life at the time. The opportunity to work from home, to me, seemed more like a miracle, since my health was making work difficult. COVID gave me time to reflect, time to heal. When I went back to work I still wasn't 100%. I started having significant panic attacks. I thought it had to do with working during the pandemic. Instead I went to my therapist and found out it was due to health. I spent the next six months losing weight, getting healthy and exercising. The difference is night and day. I used the pandemic to reinvent myself. When I started seeing more people, I had become an entirely different person. Personally, I believe that we need more stories about the positives that happened during COVID. Sometimes those things that are shattering, can also be the impetus for change, and can bring about a better life. I posted a picture as well that represents a live recreation of one of my favorite memes. It represents my change, getting in touch with my creative side, and living a happy and fulfilling life.