

Change Sucks, Live Beyond It

Covid-19 was a joke. I remember sitting in class and everyone would joke about how this little disease would become eradicated quickly; however, it became very real as our school shut down on March 13th. I will not forget the rainy day we were left with that day as I wandered around my school seeing how shocked everyone was. Now, this led to what we're all living and dreading right now, quarantine. If you're like me and many others, you don't find this lock down appealing in the slightest, in fact, you want society to return to the norm. Many, see this unprecedented moment in history as something that will tear the world apart; but, there are still many benefits to this quarantine despite the great boredom it brings into our lives. For instance, we're able to have more family time, something we take for granted in life. Although it may seem like too much family time, it'll probably be the only time in your life that you'll ever be able to have a chance to bond with your family members. Not only that, it's a great time to explore hobbies, learn something new you've never gotten the time to do, or discover more about yourself. Change is still something that is seen as a tough hurdle for people, no one likes it.

Living differently affects everyone, no one likes a sudden change from their comfortable lives. The impact of the disease had its negatives with shutting down many businesses and shoving people into their homes for extended periods of times; yet, there are many wonderful things occurring around the world. We're seeing that animals are returning to their homes to live, new scientific discoveries being made in the medical world, and new ways of solving our problems. We're humans at the end of the day and we were built to work beyond changes in our lives. Despite businesses going bankrupt as well as schools, we're seeing people adapt to the internet through e-commerce and building academies in replacement of huge universities. People have been shoved into the digital world and are adapting to it, finding creative ways to keep entertained and continue their work. I truly feel that Covid-19 has made everyone realize that they took everything in life for granted, not realizing the transience of the beauty woven into life.

Quarantine has its downside too and what I encountered during this event was, I saw the slow deterioration of my mental health of mine occur. I was losing hope and the light insinuating possibility in my dreams dimmed. Quarantine made me realize how weak of an individual I am as each day passed on and it felt as if I lived the same everyday. This in turn, made me compare myself to others and wonder why can't I be as great as them or think that I won't succeed in life. I grew tired of this feeling as a month passed by, so I pushed for change. I watched plenty of videos to build a foundation of what I wanted to do with my life and I started with exercise to build my mental strength. My dream is to inspire people so I chose to start running and forming this strong mental fortitude that could overcome any obstacle thrown at me. I did more research on life and how the body functions and why we think the way we think. I turned the tables on my problems and rekindled the flame I called possibilities. Quarantine has taught me that despite how bad of a situation life may put you in, there're always solutions waiting to be made and you have the ability to see beyond the circumstance and exceed the limitations.