

## **Covid-19 affected my life on eating habit, sleeping habits, and emotional wellness**

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

When the pandemic started, it affected my life. Before the pandemic, I attend class on campus from Monday through Friday. I will have to wake up super early around 7 am or 8 am to get ready for class. After class ends, I will rush to my part-time job and begin working. This is what I do every day and I feel like this is what life is supposed to be like. After the pandemic started, I needed to stay home and attend an online course. When attending online courses, it gives me the anxiety of worrying whether I will pass the course or not. It is my first time attending the course online and I'm scared that I might not catch up with my education. I lost my part-time jobs and my parents stopped working due to the pandemic. I started to worry about the family income and planning to get a job. However, it is hard to find jobs during the pandemic and it is too risky for going outside. I started home every day and felt bored to the point I felt emotional numbness. My eating habits and sleeping habits change. I sleep almost the whole day at home and it causes some aches in my head. I often feel like I am lacking energy and easily tire. I also lack the motivation to do anything and think that the world is boring. I sometimes skip breakfast and lunch when I wake up at 4 pm when I sleep too much. These eating habits and sleeping habits are bad for my body. I decided to change a little to fix my health and I will start from sleeping and eating first. I feel like I need to find a goal or something to do in life to keep my motivation.

I am a senior at Brooklyn College majoring in psychology.

I am sole creator

It is related to school, work, and family. School changed from campus to off-campus, work is lost, and family income is at risk.