

Prospering through a pandemic

Covid-19 was an eye opening experience as to how fast life moves and all that plays a part in it. We're taught from young about germs, proper hygienic practices but this disease still seemed to emerge that continues to spread day by day. During these unprecedented times, it is important to be in control of your emotional health, financial and intellectual wellness. Self quarantining was the first and at a point in time was the only thing I, as a New Yorker could do. Being locked in your home everyday, all day due to fear of catching a disease that you have no idea where it came from, no cures, just a mask and anti-bacterial soap/hand sanitizers, or cleaning agents hoping to whisk it all away. As a young woman, growing up in New York, it is indeed true that you are a product of your environment. The city is fast-paced, everyday there is something to do, places to be. My life was made up of work, school, groceries, laundry. I enjoyed the rush, the constant rotation of responsibilities I had. March 19, 2020 It all came to a halt. My job was closed, going to class was now a thing of the past, can't see friends or anyone outside of immediate family, honestly. What type of life was this?

All that was left was you, your mind, and time. To ensure that Covid-19 had not taken complete control of my life or my well-being, I kept the mind wandering. The reminder to consistently self-assess and keep the mind free of stress but also alert to not be oblivious to the seriousness of this pandemic. To learn the importance of finances and creating balance now that its uncertain when another check may arrive. Developing new interests, researching various topics, looking for new hobbies ;painting, coloring as a way to keep sane. With all this time spent in the house, its important to keep the mind active and alert and my emotions in check.