

## My Quarantine Story

My experience is a firsthand story about my 14-day quarantine after I was diagnosed with Covid-19. I do not want to talk about the physical aspect of quarantine because I was asymptomatic. I want to touch on the mental wear and tear one can go through while isolating alone. No human interaction, for me, can take a toll on me because I am a very social person and can fall into a rut if I do not have social interaction. The first thing that is lost during isolation is routine. Life comes to a standstill and because there is little obligations, your mind allows you to get out of habit. The second thing that goes is a purpose and a motivation to do tasks that are typically part of your daily life. Although life is going on in the outside world, that perspective was not there for me. The last thing that goes away is your energy, not just physical energy but mental energy. My mental energy started to lack because I have a hard time being confined and I like to recharge by doing activities outside. Isolation was not just a physical challenge but a mental challenge.