



September 30/2021

Covid-19 Reflection Assignment

To whoever reads this next; if you should come across this paper, hopefully, everything that I have written below about dealing with the stress of the Covid-19 and unemployment or being a full-time mother while trying to balance school will be helpful to you for your future problems. In 2019 and 2020, I had to learn how to cope with stress because I lost my job and I had to manage to be a student while raising three girls alone. This past year made it even more difficult because I also had to deal with the pandemic. Throughout life, I experience both good and bad stress; good stress includes things like becoming a mother and bad stress includes things

like unemployment and losing my aunty who get the Covid-19 at the hospital during her hospitalization . We need both of these stresses to help us grow and develop in life and with the right tools to manage stress and ensure that we are not overwhelmed, we can learn a lot from these stressful times. In this paper, I talk about my experience with coping with stress from unemployment and raising my three daughters while going to school and provide different ways that other people can deal with their stress or whatever sickness you experience in your lifetimes.

Being unemployed impacted myself and my family terribly. I was unsure if we would have a shelter above our heads or food on the table for the next day, week, month, or even the remainder of the year. When I lost my job, I developed fear, anxiety, and more stress. I was trying to imagine how to survive in this country with children and no job. I remember waking up every single day and thinking about how I would raise my kids as an unemployed single mother; how would I provide for their needs, how would I pay my bills? How would I protect them to not get the Covid-19 because one of my daughters has Asthma. This was a very stressful moment for me because I know how difficult it is to be a single mother; it is much harder than raising children with both of their parents in their life. As a single mother of 3, my unemployment left me with feelings of uncertainty, anxiety, and most of all, stress. I would often lose sleep worried over how I would continue to provide for my family. It's easy to feel as if you lost control over your life. The current global pandemic did nothing but worsen this as many workplaces closed as a result of lockdown orders.

With everything I went through there is one thing that I could not digest. I remember on august 2020, when I received a phone call from the hospital saying that my aunt died from the Covid-19 . If you imagine how difficult that was for us without talking to her, she could not get a

visit at the hospital even to assist with the funeral. This pandemic gave me the most painful moment in my life.