

My day-to-day life during the pandemic has mostly consisted of school work, but I also take time out of my day to clean and take my dog on walks. These responsibilities allow me to take a break and forget about the current issues at hand. I have not been consistent with daily routines, and my sleeping schedule does not positively impact the rest of my day as I try to stay up late to study and then have trouble falling asleep until 3am followed by waking up for 9am classes. I suspect that I am restless due to my lack of exercise, but I haven't found the motivation to stick to a consistent workout routine other than walking my dog. Although I have a lot of time on my hands, it still feels as if there is too much to juggle all at once, and it is difficult to find motivation when there are various factors that distract me from my assignments. I moved out of my apartment in Sacramento to quarantine with my family within Kings County in order to not be alone during these times. Due to this, I am fortunate enough to save money on groceries during these times, but unfortunately, I am still paying rent for an empty apartment in Sacramento, and it is frustrating to know that I am wasting money every month during the quarantine by choosing to stay in the Kings County although it has significantly less cases than Sacramento County. Paying rent for a space that I am no longer living in is stifling, but I am grateful that I am not quarantined in complete solitude in Sacramento. I have considered going back to my apartment for a quieter work environment, but the recent positive case within my complex and the extremely high number of cases within Sacramento in general has hindered me to do so. Currently, I'm living with my parents, my younger sister and our dog. Our dog, Blue has been an extremely positive part of my time at home as I am unable to spend time with friends, I am able to spend more time with Blue and appreciate his company. I'm utterly thankful for his company during this quarantine because it puts me at ease when I become overwhelmed

and he forces me to go outside and exercise by walking him. Waking up with a happy pet may seem insignificant, but it creates an immensely positive impact in my day during these unprecedented times.

Due to many restaurants being shut down, my father lost his job shortly after the stay at home order was established, and only recently got tested for COVID-19 to work part time again. This created a big financial stress on our family as my mother has been the only source of income within the household. Not only is she the only source of income within our family, but she is also a medical assistant, so there is a sense of fear when she comes home from work everyday. The pandemic opened my eyes to my confusion towards unemployment because I did not understand why my father would obtain a larger amount of income through unemployment rather than being forced back into work to keep his current position. It doesn't seem ethical to underpay essential workers when unemployment rates would supply a larger sum of income.

The number of positive cases have skyrocketed since the beginning of the stay at home order from 4 cases to recently surpassing 100 cases. It has been extremely frustrating to see individuals within my county adamantly ignoring social distancing while I have not seen friends or family since the beginning of the stay at home order. It has been even more frustrating to see protests against the lockdown within my county, as it would have been fairly easy to limit the spread of the virus if individuals were responsible and followed the social distancing instructions since there are only roughly 150,000 individuals within the Kings County.

I am inclined towards the idea that the stay at home order would not feel as tedious if there was a set date that insured individuals when the lockdown would be over. Understandably, the stay at home order has been continuously pushed back due the rise in positive cases, so it makes

individuals lose hope for a positive outcome. It has been difficult for me to not to hold frustrations towards our leadership, as I hear stories from family members in undeveloped countries such as the Philippines share how responsible their citizens have been, resulting in significantly smaller amounts of positive cases compared to the United States.