

Social Drought

Picture it now, its Friday night and it has been a long grueling week at work. You look at your cell phone and start scrolling through your contacts to see who you can contact for some much needed social interaction to help blow off some steam. Perhaps you meet up with your friends at a local restaurant or area of interest, or maybe you decide your own home will suffice. Unfortunately, most of your favorite places are closed for sit in dining and the majority of the public are fearing for their own health due to a new virus rapidly spreading called COVID-19. Before you know it, pesky masks are required to wear for your own safety which further add to the difficulty of social interaction. To make matters even worse, social distancing is in full effect so now you cannot even hold a conversation with your friends from less than 6 feet away. This is the life we lived for nearly a year and a half and it was not easy to say the least.

Social interaction is a large part of my life. I enjoy going out to new restaurants and bars with my friends especially after a rough week of work or school. COVID-19 caused me to be more creative with my time though. The time I normally spent going out to eat was now spent ordering food in and having FaceTime “dates” with my friends and family. To say it took a toll on my mental health, would be an understatement. I’m sure a lot of the readers had their own “social drought” during COVID-19 and felt the effects just like I did. Even though I may have never contracted COVID-19, I still felt the negative effects of it on my personal life. The lack of social interaction caused a good deal of depression and anxiety within my own mind. Whether it was the constant fear of myself getting it, or the looming threat of someone close to me contracting it, COVID-19 took its toll.

This story doesn’t end negatively though. For although there was a drought, the rains of hope soon came around. As we see restrictions being lifted, I slowly but surely am seeing my

social life piece itself back together. Life may never be the same as it was prior to COVID-19, however it does not mean I will not try my hardest to make it as close to normal as I can. I hope the readers are also beginning to feel a sense of normality wash over their community as well.

Stay healthy and be safe!