

## A Day in the Life of COVID-19

My day starts normally, fall out of bed at 6-6:20 am, get dressed, eat breakfast, and drive to work.

During the pandemic, I was working from home, and honestly, I preferred it. I could sleep in until 7:30 and then just turn on my computer. Sometimes I would stay in my pajamas and sometimes I would get dressed in normal clothes. My duty was simple; attend a morning meeting at 8 AM and then keep a Google Meet open in case students wanted help. No student ever came into the Google Meet, so I would just do whatever I needed to do. That could include reading a book or working on homework. I felt like I got a lot more done when I was working from home. I also had plenty of space to walk around and stretch my legs!

Now, I work in a cramped room with typically 4-9 students, depending on the class period. I have not gotten sick, but the students and the teacher I work with have. It feels weird because I feel like I am the only person who did not mind working from home in front of a computer.

The second moment was that during the pandemic, I did not have to drive around that much. Because I was working from home, my travel time fell to almost nothing. The only reason I got into my car was to head to the grocery store, pick up my brother from work, go get a coffee from a coffee shop, run errands, or just get out of the house. I saved a lot of money during that time because I did not need to get gas! It also kept my mileage down, which means I could keep my car in good shape. I miss not having to drive to work.

The third moment that has changed is that I am a graduate student with the free time I had. I wanted to expand my education and because I had more time on my hands, I decided to go back to school. I applied and was admitted into ASU in the Fall of 2020! I became a Sun Devil! Even with one class per session, I was learning and feeling like I was bettering myself. I am still a student, but with the return to work, I feel like I have limited time during the day to do homework or anything fun. So, I decided that I would limit how much I would spend time on homework so I could have a little bit of rest and fun before bed.

The fourth moment is something that has not changed. I prefer to cook meals at home and I did that a lot during the pandemic. I learned some new recipes such as sweet potato fajitas, pan-cooked vegetable tacos, and ramen noodles. I still do that and I have pushed to add more vegetables into my meals.

The fifth moment that has changed since the pandemic began was hygiene habits. I have no issue where masks when I go out into public. I would prefer not to get sick. I even bought myself a Sun Devils-styled mask! My hygiene habits have included washing my hands more thoroughly, especially right before meals and cooking. This has caused some problems because my hands would dry out, but I have hand lotion, so it works out!

Finally, the sixth moment that has changed is that I have started to walk more. I was taking a lot of walks when the world went into lockdown with my dog Carolina by my side. However, when I moved out of my parent's house. My walks became less and less because I had school work and work to do. However, even as we enter the endemic, I am forcing myself to go and take walks, even if it is around my apartment complex. I want to walk and I want to try to lose some weight! So, I force myself to go walking every day and even have started to walk to the nearby grocery stores when I need to buy lettuce or something. I only say lettuce because I need to buy some to make a salad.

And that is all from me today, have a wonderful day everyone!