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Reflection

In my experience, the COVID-19 pandemic has its ups and downs. I am fortunate enough to be sequestered at home with my family and a full pantry. I am also lucky enough to have the necessary resources I need for my online classes. With all the gyms being closed, I am fortunate to also have enough physical fitness equipment to continue my workouts. One of the drawbacks is that I have fallen back into some of my old habits. I am watching more television, eating more snacks, and going to bed and waking up later. Another drawback is that I am not in an institutionalized environment so I am not getting the normal adult social development that I would get at college.

In my community, a lot of people are following the states guidelines on sheltering at home and social distancing. It has resulted in a lot cleaner environment with less cars on the road, people are cleaning more, and they are spending more time with their families. But I also noticed that a lot of restaurants and businesses have closed, laying people off, which could have a real drastic effect on the economy. People are hoarding more supplies and not being considerate of others needs as well.

Overall, my experience with the COVID-19 has not had a major effect on my life and I am just happy that all my friends and family are safe.