

Quarantine: Harmful or Helpful

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Reflection

This assignment has really changed my view about the pandemic. Going into it I was more focused on having to leave school and missing the rest of my freshman year. That was a big letdown because I was finally settling into school, making friends, and getting a good routine down. A lot had changed in my life in a short period of time. Within a week my spring break plans were canceled and there was talk of not being able to return to school. Daily, the government was giving out new rules on how to keep us safe and these changes were scary. No longer were people allowed to leave the house without masks on and couldn't go within six feet of each other. Gatherings continued to become smaller and smaller until it was advised that you don't leave your house at all except for necessary items. At first I was sure how to think of this whole situation, not knowing when my life would return to the way it once was. But with that changes at home had to be made and I had to continue to keep things as normal as possible and keep up with my schoolwork. I honestly have grown as a person from the experience and am really glad that I had this project to help me write out what happened so in the future I will be able to remember. This project definitely wasn't one of my main priorities throughout this whole thing. I am someone who thrives off of routine and when mine was disrupted it really was hard to get back on track. I finally was adjusting at school and then had to go home, where I'm used to relaxing, and try to get my schoolwork done. On top of that I wasn't allowed to see my friends who are a part of my support system. But when it came time to finally write this essay I knew it had to be done. I sat down and began to come up with clever titles for each of the chapters and ways that I could make this project my own. I started by brainstorming a few examples

for each topic I came up with and from that wrote an introduction, body paragraph, and conclusion for each chapter. Taking the photos was my favorite part because I was able to get creative and really relate the pictures to the chapters. At the end of the day this is just a period of time that everyone has to struggle through. I really hope that at the end of all of this we all grow as a community.

Friends without friends

Corona virus is a virus that has caused an ongoing pandemic. "COVID-19 symptoms can range from mild (or no symptoms) to severe illness." (CDC) As of now there has been a reported number of 2,988,740 cases across the world. (corona virus cases) Due to this horrible pandemic the whole world has been put to a stop, with everyone being at home, people across the world are coming together to figure out how to keep life as normal as possible. There have been many changes including interactions with others. Some of these changes include social distancing, having to wear masks in public spaces, and being more aware of cleanliness. Although these are major changes to daily life, there have been some more specific changes that have affected college students and the youth. These changes include, no contact with friends, having to facetime instead of hangout in person, more time spent on social media, and more time spent watching tv. As a young student who enjoys social interactions this period of time has proven to be difficult.

The Centers for Disease Control and Prevention (CDC) recommends that for social distancing people stay at least six feet apart. Which makes it difficult for college students to stay in contact with their friends. For example, instead of going to meet up with friends at a restaurant or the movies, social interaction has changed to facetime calls and texts. Although these are still good forms of communication it is still not the same as being able to hang out with your friends in person. During this time there has also been an increase use of social media. This use of social media can be both good and bad. The benefits of using social

media is the ability to distract yourself and to stay in touch with people all across the world. This could be a good way to help encourage people to stay positive and to stay healthy during this scary time. However, when it comes to social media there is also negative aspects which include self-comparison. Self-comparison can be negative because it can make a person feel like they are not doing as well as someone else. And in this chaotic time, it is better for people to support one another instead of trying to one up each other. Also, with the increased time spent on social media people are not taking advantage of this time that could be spent with family, outside, or creating better habits for oneself. Another change that has been prevalent is that many people are spending more time watching tv. This could be a good way to bring families together to spend quality time. However, with anything tv watching should be done in moderation with equal amounts of time spent away from the screen enjoying other activities.

In continuation, this pandemic has caused many challenges for both those personally affected and not. While not being able to hang with friends, or being sucked into the social media realm is not a part of the actual disease but it can still impact the community as a whole. With the stress of this pandemic many people have not only been binge watching tv shows, and spending time on social media but also eating large portions of junk food.

Eating with no looking back

Stress has been proven to have many different side effects, one of these effects includes eating. The New York Post wrote an article entitled, “Comfort food sales rise amid coronavirus self-isolation orders” which discusses this very topic. The article says, “In the week that ended March 14, popcorn sales were up 48%, pretzels up 47% and potato chips up 30% compared to a year earlier.”(Lapin, Tamar) This shows that during difficult times eating can in fact be a large change that can be impactful even though many don’t think about this aspect. A few changes that have to do with food include, that it is hard to get food from the grocery store, people resort to eating out of boredom, stress eating, not having a variety of food to choose from, and eating more take out. With everything else going on in the world food can sometimes be one of the biggest changes that one has to face.

An example of how food is a large change is that it is hard to get food from groceries stores. During times of crisis, especially ones where you can’t leave your home, many people stock up on foods. Although this is a good way to prevent yourself from having to face the virus over stocking up on food can be a negative. In this time most people still have to work and are essential to the economy. With people that still have to work they don’t have as much time to buy their own groceries and can sometimes be left with nothing for themselves. This is why when it comes to groceries it is better to buy in moderation and save food for those who can’t make it to the store as much. On the opposite side of the spectrum having access food can cause people to eat out of boredom. Having extra snacks in your house can cause more snacking with the stress of the pandemic on top of that. This can cause bad eating habits and lead to

weight gain and other health risks. So even with everything going on it is better to make healthy choices than to reach for the extra snacks. With stores low on food options the same items are usually being bought leading to not having a lot of variety when it comes to meal options. This can be solved with food delivery services. During this time many food delivery services are offering deals to help local restaurants as well as provide variety to your everyday meals.

Although food can cause issues during stressful times with many making unhealthy food choices there can also be an upside. Cooking and baking can be a great way to bring families together in this hectic time. Being forced to spend so much time at home can give a perfect opportunity for families to bond and share meals together. And with that said not only can they create delicious meals, but they can make healthy ones and start new healthy habits in their family. This is a good time to start up new fitness programs, and motivate one's family to stay active and healthy.

R.I.P. the gym

NPR wrote an article entitled “Just Keep Moving. And Sometimes, Double Your Distance.” This article is about exercising during the corona virus and says, “Amid all the rules to stay put during the coronavirus outbreak, there's a consistent companion message: it's important to keep moving.” (Goldman, Tom) This is true, the ability to keep moving and working out is very important during this stressful time. With the extra time added to people’s busy lives it is a good time to get moving and spend time outside while still social distancing. Some changes that have come in the fitness aspect of this time are, that there is more time to work out, leaving the house more to be active, it is hard to stay motivated, the gyms are not open and workouts include more cardio and less lifting.

An example of how fitness has changed is that there is more time to work out. Without the other distractions of a busy schedule people have more time to stay active. It is also beneficial to help people to leave the house and spend more time outside. In the normal everyday life before the pandemic most people didn’t prioritize time spent outside and now it is essential to good mental health. However, it can be difficult to stay motivated to work out every day. With more laying around the house, junk food, and tv watching some might see it as a time to relax and not work on their fitness goals. A good way to remedy this issue would be to set a schedule for yourself and set small goals each day to help to stay on track. While goals are helpful it is hard to reach all of your goals with gyms being closed and cardio being one of the only exercise methods. Without having a gym to go to there is limited equipment that can be used in your home, unless you have an at home gym. But instead of using equipment many fitness gurus

have been posting YouTube videos of workouts that can be done without equipment. And if necessary, amazon is a good resource to use to order small weights and other workout equipment to jump start your quarantine workout routine.

Staying active is a good way to be healthy and maintain a routine in this hectic time. With the gyms being closed it is a good time to work on your cardio or try new workouts with online resources. And the advantage of working out at home is that you can do it in the comfort of your home with your family. Sometimes your family can be the best fitness partners and help you to stay motivated and on track with your goals, while allowing you to become closer to your family. Exercise is also stress relieving and can be helpful while being a student who was forced to switch to online school. In this stressful time exercise can help to calm your nerves and stay focused on what you need to get done.

Homeschool will never be better

Because of Coronavirus schools have been shut down and switched to online for the safety of the teachers and students. For college students this switch has been very impactful, because unlike high schoolers college students are not used to living at home. And now they have no control over the rest of their semester and are having to move home. With the college level workload this can seem unbearable. School is most likely one of the biggest changes that has happened for young people during this scary time. Although most were hoping that the school cancelation would mean early summer, this is not the case. The largest changes during this time have been, more distractions, no schedule, it's harder to get help, there is no face to face learning, and limited workspace.

One example of how school is more difficult at home is that there are more distractions. Whether you come from a big family or a small one it is still more difficult to stay focused in an at home environment. Most college students are used to coming home and relaxing and spending time with friends and family but now it is a different situation. It is also more difficult to keep a good schedule. After being used to living on your own it is uncharted territory to have to live in a household full of people again. But the best thing to do is use an agenda or write down what you need to accomplish each day. By having a detailed list of what needs to get done it helps to stay on track and make sure that you have an stress-free day and are able to accomplish everything. Another issue is that it is much more difficult to get help. Instead of being able to go to office hours in person or up to the teacher at the end of class it is now in the form of emails and zoom calls. Although this is still helpful, it is not the same as being able to talk to a teacher face to face to bounce ideas off of them in live time.

Besides getting help it is also a change that learning has switched from being in lecture halls to being online. Some teachers have turned to making videos and posting them while others have been holding zoom classes. Both of these methods have been proven helpful but still are not the same of physically being in a classroom. However, the hardest part of learning at home is not having a good workspace. Working in your bedroom is not beneficial because being surrounded by your stuff does not lead to a good work environment. Unless you have an at home office it is hard to find a quiet place to spend several hours accomplishing what you need to get done.

Overall, school has proven to be a one of the hardest parts of quarantine and without having the support of your friends and being able to leave the house stress levels are high. But once this semester is over it will be a great experience to look back on and remember the time that the world was flipped upside down and everyone had to adjust to a new way of life.

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