

Sustainability

Before the Pandemic, I had a good life; I could go to school, play sports without caution, I could see all my friends and go wherever we pleased, I could go to the store with my family thinking nothing of it. But now I realize how much I took all the little things for granted. During the Pandemic, life was hard. I had isolated myself from my friends and family. I wasn't taking care of myself at all, I wasn't cleaning my room, and I wasn't eating healthily or getting enough exercise. I wasn't motivated, and I didn't feel like doing anything besides laying down all day. But there have been a few things that helped me get by.

For instance, when I started talking to my friends every day, we organized days and times of different things that we would do, one day we would watch a movie while on facetime, one of my friends made a list of shows for different occasions. We would send games to each other while on the phone and playing together, and we downloaded a game that all of us enjoyed and planned when we would play. I think all of our relationships got better just because we would have conversations where we talked more in-depth with essential topics regarding the world today. Around the time online school started, another one of my friends and I started going to work out after school, and sometimes we brought our work with us and studied in the library. Doing all of this helped me. I wasn't cooped up in the house all the time; I got to talk to my friends and work out. Eventually, I started taking better care of myself, and I had a little more motivation.

Some other things that helped me during Covid are discovering new hobbies and fun activities to do. I recently started getting more involved in painting, drawing, and other things of that sort. I went to the park with my friends, and we walked around for hours and talked. When we finished, we would walk to an ice cream place and eat. I did something different with my hair that I never thought I would have done, and I learned how to manage and take care of it simultaneously. I discovered some new music that I like to listen to all the time now. One time I went for a long walk with a

friend downtown to catch up and went out to eat. I learned how to be more involved from home and using my voice on social media to inform and educate others.

Sadly my Covid wasn't all that great. I felt my relationship with god fading away. At the start of covid, when it wasn't that big of a deal, I was going to church every Sunday and the other programs held during the week. But when Covid kept getting worse, the church was closed, we eventually started having it live, but it wasn't the same. I missed seeing and interacting with people, and all of a sudden, I couldn't. Even if I didn't understand what was being taught, I still retained some of the sermon's information, and to me, that was just enough to keep me close to god. But not being in the church took a toll on my relationship. I barely pray, and I don't even have a devotion, and when I do try, it almost feels impossible. But the good news is I know I'm not going to give up and that I can get through this. I'm going to rebuild my relationship with God and come back better than ever.