Telling Our Stories:
Western's Response to COVID-19

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Story contribution

Currently, I am in my second year at Western, but this is the first time I have done a full year of school fully online. If you had asked me during my time on campus last year where I thought I would be next year, I would not have told you that I would be attending class via Zoom. At first it was not easy. I found it hard to stay on top of my work and to essentially create an entirely new routine for myself to ensure that I was not holding my assignments or study at the last possible second. Over the duration of the past three quarters, however, I can tell you that I found motivation to do my schoolwork more because I shifted my attitude towards it. Many people will tell you that it does not matter as much because it is online. I felt like I needed to be more attentive BECAUSE it is online. Online school has improved my prioritization skills for the better.   I would be lying if I said that this pandemic has been easy for me. School was a hard adjustment, but that was something I could physically do something about. The hardest part for me was trying to put myself in a healthy mental state. During quarantine, I stayed in my house every day for however long the mandated lockdown was for. I am an only child and had a working mother, so I spent majority of the time by myself being left with my own thoughts. This is where my mental health was being tested. I found myself putting myself into a deep and dark headspace that started to affect my everyday living. I was not eating as much, I fell out of exercising, I started to question why I felt the way I did and didn't prioritize self-care. I could not tell you when the switch flipped for me, but one day I woke up did not decided that I did not want to feel the way I did anymore. I wanted to make a change for myself. I did not know what that change was going to be. I started lifting weights regularly with items I constructed in the garage. I started eating to get the results I wanted. I started to put less pressure on myself and recognized that I cannot do it all. I changed my outlook and my mindset on my life. I started to understand that growth is growth no matter how small. I came to realize that it is not selfish to put myself first. Quarantine was a period of growth for me, and it led me to moving out of my mom's house and onto bigger and better things. I created opportunities, I reflected on myself more, I found the worth within myself. Has the pandemic made things hard? Yes, but it has most certainly allowed for me to discover things I did not even think to see in myself, and I know that I am not done just yet.

End of contributed text from Story ID: 52 - Anonymous