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How has the pandemic affected me?

Anonymous

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Your experience during COVID-19: How has the pandemic affected me? I think the more fitting question is how didn't it affect me. From school, to work, it changed almost every aspect of my life. Before the pandemic everything was great i was in the best place i had been in for a while both mentally and physically. Grades were good, physically i was in the best shape I had been in, in a while, not to mention the fact that i had a perfect balance of work and school. After the pandemic hit we were forced to leave in person school which set me back quite a bit, gyms closed right when i was getting passionate about it. I had gone back and gained all the weight that I had worked so hard to loose. work completely consumed me since there was nothing to do after work, no school or any other social gathering. It wasn't the easiest thing to go through but eventually we figured out a way to adapt to the situation.