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Covid-19 Perspective

Anonymous

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Covid-19 seems to be something that I have found myself thinking about for a majority of my days. Something Covid-19 has taught me is that it is so easy to see everything that this illness has taken away. This is a situation that has taken away so much from everyone. It has taken jobs, schooling, socialization, travel, people's lives and so much more. I have found myself who is normally an optimist in almost any situation, feeling sorry for myself and feeling sad and angry about things that Covid-19 has personally taken away from me. However, the past couple weeks my perspective has changed. I have tried to focus more on what Covid-19 and this time of social distancing has brought to me. I started this by writing down a list of things I have been grateful for during this time. Covid-19 has brought me many things that I would not normally do or have. It has brought me weekly zoom calls with family members who I normally would not be seeing or talking to as much during usual life at this time. It has brought me daily walk with my mom that I would not normally have at this time. It has given me a chance to check in with old friends who I would not usually think of sending a message too. It has brought me at home yoga teaching and practice that I never thought I could learn. It has brought prayer back into my life. So, although Covid-19 has taken away so much from so many people and this is all very heartbreaking to have to see and hear, I do believe that the way in which I look at this situation will effect the type of person I am coming out of this. The biggest lesson that I will carry away with me coming out of this situation that I think many people would agree with, is that we will no longer take small things for granted. We will have a different approach to situations and I think this will also allow people to take new opportunities in their life when coming out of this.