

# Coping in a Covid World

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## Reflection

In December 2019, several cases of the novel coronavirus (COVID-19) were identified in Wuhan, China [1]. Despite strict quarantine regulations, the virus has spread worldwide. Apart from being a global economic concern, COVID-19 is having major consequences on the mental health of thousands of individuals. According to the Center for Addiction and Mental Health (CAMH), experts have predicted women, parents and young adults may experience a decline in mental health during the pandemic [2].

The COVID-19 disease continues to evolve at a rapid pace. With warnings to stay home and school closures, my day-to-day routine has undoubtedly changed. However, one thing is for certain: these unprecedented times would be mentally challenging without the support of my family and community. Although I live alone in an apartment downtown, I do not feel alone. Daily video calls cheer me up as I look outside my window for the fortieth day in a row. I never thought an empty Financial District would serve as the background of my FaceTime calls. My community has also come together to coordinate daily celebrations for our healthcare workers, which has become something I look forward to in the evenings.

During this difficult time, I found goal setting has kept me on track. It is easy to wake up late and fall behind in online classes. By creating daily and short-term goals, they allow me to have something to look forward to. My daily routine consists of preparing breakfast, completing a Pilates session via FaceTime with friends, and schoolwork. After dinner, I go on walks at my local park. By creating a loose schedule, it has provided some structure to my day and creates a sense of normalcy. Since implementing this agenda, I have been in a

much healthier mindset. Self-care is a topic that is emphasized during quarantine and can help support mental wellness. Some methods I have adopted include journaling and practicing at-home meditation through an app. These habits have allowed me to de-stress and re-center myself.

The pandemic has greatly made me appreciate others. We are all working together to reach a common goal: to stop the pandemic that has gripped our nation and the world. As a society, we have adapted to our current situation and I am pleased to see people helping whenever they can. For example, a nearby distillery has begun producing hand sanitizers rather than beer, medical students have gathered forces to collect personal protective equipment (PPE), people are distributing masks... the list is exhaustive. It is the kindness of these people whom I appreciate during the new COVID climate we are navigating together.

## References

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