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History 129A

Professor Ruiz

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18 May 2020

### Second Writing Assignment: Fourth Option

The COVID 19 global pandemic has affected the lives of so many around the world, including myself and my family. Throughout our world today, we are all living in a constant state of fear and uncertainty. To cope with such trying times, we are approaching a new way of living life that has changed the way we interact with others. Life as we know it will never be the same again therefore proving the magnitude and severity of the situation at hand.

The Coronavirus is airborne which poses a great detriment to our health. The virus can present itself as a regular cold and if detected late, it can be fatal. This is an incredibly scary aspect for me as we are unable to identify whether or not we have this virus until we get tested. Unfortunately, a sad reality is that many do not have access to these tests. This is why it is of great significance that we take care of ourselves as best as we can and follow the proper protocols that have been implemented.

The order for quarantine, has made it so that I must adapt to a life that is different than what I am typically used to. I am no longer able to take part in my regular daily activities as I had done before self-isolation began. This included going to school, spending time with friends and family, participating in social events, going to dinners, and simply just enjoying the outdoors. Not being able to go to school and see my friends everyday has impacted me in a major way. As an incoming transfer student to UCLA, I was incredibly excited to start this new chapter of my

life and have the opportunity to create new memories. One of the most important parts of the college experience for me was building friendships that will last a life time. My opportunity to travel to Paris with friends and Professor Ruiz had unfortunately been tarnished. I was looking forward to this once in a lifetime experience, the adventure that it would bring, and the chance to advance my academic studies. Therefore, I believe that the social distancing order put in place is a social consequence as we are jeopardizing our relationships. One very important relationship to me is the one that I share with my grandmother. Distancing from her has been very hard for me, but I know that this is only being done to ensure her safety. The fact that we cannot have close contact with our loved ones has taken an emotional toll on me. Having to be isolated for such an extensive period of time, I have experienced an extreme amount of anxiety. Isolation can cause many to feel lonely and sad as I know that this is true for me. It does not allow for social interaction in the way that we all would like or are familiar with. This change is in no way easy. It sets limits on all the things that we love to do every day and forces us to change our routines and schedules. That is why that now more than ever, it is crucial that we maintain these relationships as the impact of this virus has hindered our abilities to create relationships in person.

The lack of motivation that I have been feeling as of late is largely in part because of this pandemic. It has been a continuous struggle for me to find ways to motivate myself throughout this time. Having a routine in place was incredibly beneficial as a set plan every day helped me get things done in an efficient manner. Typically, this would mean working out before heading to school and starting the rest of my day. Now, I try to find different ways of implementing workouts online that fit into my new schedule. I have come to realize that incorporating workouts daily, helps me manage my stress and reduce my anxiety. I have also found it to be

helpful and motivating to approach the day as I normally would to some extent. This means getting ready as if I were actually leaving the house to go to school. By doing this, I am trying to enforce a routine that will keep me accountable and create a sense of structure throughout my day.

Throughout this pandemic, I have come to realize that it is significant to acknowledge the emotions we are feeling and allow ourselves to be upset about all that has transpired. The anxiety and stress that I have struggled with has been a result of the many restrictions we are facing on a day to day basis. A component of my anxiety stems from trying to receive an education virtually. This has posed a significant challenge for me. Not being able to communicate with my instructors in person and trying to manage many courses through an online portal is incredibly difficult. It has been a hard adjustment to learn in such a different way. In addition to the fact that we are no longer in a classroom setting, our surroundings can become very distracting. Due to the quarantine, my family has had to work from home and with this comes many challenges. We have had to each learn to manage our space and minimize the distractions as best we can. As a family, we are trying to deal with this new lifestyle in the best way that we see fit. Some ways we have done this is by limiting the trips and number of family members that go to the grocery store per week. This reduces the amount of exposure for not only ourselves but for others as well.

Coming from a Jewish background, attending synagogue on Saturday mornings are a vital component of my religious beliefs and it has been a struggle that my family and I are not able to do so. As this quarantine has been in effect, I have not been able to spend the recent holidays, with family or friends. Going to synagogue during these high holidays is sacred and allows you to become closer to Gd. For me, going to synagogue has helped me find a deep

spiritual connection, and brings me a sense of peace that is incredibly comforting. My beliefs and expectations from Gd have been tested throughout this tough time. I am person that believes in the path that Gd has chosen for us and in times like these, it makes me question His intentions and goals. Why would Gd put the world and those I care about in such danger? I know that I must continue to put my trust in a higher power. With this being said, I have worked hard to fulfill my religious connections through at home prayers and practices as I know that this will help guide me and my family through this uneasy time.

There are many economic consequences that we are all facing throughout the world right now. Many people are dealing with unemployment, the loss of their businesses, companies have gone through bankruptcy, and others are struggling to just make ends meet. I sympathize with those who are facing financial hardships as providing for their families has become more of a struggle than ever. These financial burdens have put us all in incredibly vulnerable position as our livelihoods are at stake. I believe that in time, all this will lead to an economic depression. I have come to find how the power of social media can be used to our advantage. For instance, influencers on social media are using their platform to help and promote businesses that are struggling to keep their doors open. This is a great representation of how our world is coming together and supporting each other in times of such turmoil.

As the Coronavirus progressed, it has become clear that what does not work in our society is the way in which we have handled the pressure of the pandemic. As a society, we were all so concerned with our own well beings that we did not think about those who were in far worse positions. There was a point in time in which we were all stocking up on groceries and did not think about others who desperately needed what we had selfishly taken for ourselves. The fear of the unknown was so consuming that we were only concerned about ourselves and could

not put the needs of others before our own. Through all this, it has also shown that our world was not well equipped to properly handle the spread of the pandemic as it first began back in December 2019. Therefore, our world and our future will be different than before as the acts of social distancing will be mandatory. I believe that this virus will last longer than we thought, and people are going to be more conscious of their surroundings and the places they go in order to keep safe.

In addition to all that we have endured, political consequences have also risen from this pandemic. There is a theory that this virus first originated in a lab in China and therefore the United States is blaming China for this virus. On the other hand, China is accusing the US government of spreading the virus for the first time. This brings tension between two governments and as a result of this, the global economy will be effected.

This virus has connected us to a wider world because we have all been forced to deal with hardship. In one way or another, everyone has been impacted by the tragedy that has come from this virus. For some, this pandemic has taken the lives of their loved ones and family members. Hearing how many deaths the Coronavirus has caused is incredibly heartbreaking and puts everything into perspective. This pandemic has woken me up to a reality that is far scarier than anything I could have ever imagined. It has made me become more appreciative of all the things that I have been fortunate enough to have in my life. I am grateful for my health, my family, and thankful that I am surrounded with so much love. This situation has shown me that nothing in life is guaranteed and that everything can change in a split second. I have realized that my mindset towards unforeseen situations in life must change. It is of the utmost significance that we do not allow all the negative that has come from this pandemic to overshadow all that we have in life. I am choosing to go about my life with an appreciative attitude and believe that what is

happening in this world is for good reason. You never know what your life may hold for you and that is why we should view this time in our lives as a bump in the road of an otherwise incredible journey.

The global pandemic today is connected to events that we are discussing in History 129A. Throughout this course I learned that among many of Columbus' travels in 1492, his voyage west to the New World, brought upon an epidemic of measles and smallpox. Unfortunately, this epidemic killed thousands of indigenous people in America. This is pivotal and relates to what we are currently dealing with. The Coronavirus that has continued to spread is harming and killing thousands of people as well. It is interesting to see how an epidemic that occurred so long ago is repeated over again in 2020.

Overall, the Coronavirus has affected me and my loved ones and changed the course of our lives. With this, I learned that it is imperative to lean on your family when you don't feel at your best especially in such scary times. The support of my family has helped me come to terms with the reality of what our world has become. These challenges have made me realize that we are all doing the best we can. Through this time, we should be kinder, and allow ourselves to accept these circumstances and all that we have been feeling. It is important that we all stick together and keep in mind that this is a journey we are going through together.