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COVID-19

In the midst of this covid-19 pandemic, there have been many lives affected while some have lost their lives due to this virus. All around the world, there have been many deaths with high tolls in places such as Italy with China being the epicenter. Small businesses, along with people's livelihood have been totally altered. Everyone has been told to stay home which has allowed for the planet to breathe in a sense, having business and work come to a screeching halt. It has been revealing how nature is thriving due to much less pollution in the air. People all across the country as well as the globe are being affected and we all are dealing with this together which brings some connectivity in this situation.

Although this virus may be strong, I believe we are much stronger and can overcome this collectively as a whole to keep the curve flattened as well as hopefully finding a cure. This pandemic will most likely have a lasting impact on our world and how we do things in the future. As a historical agent, being a part of history with how we think, what we do, and what we say, I believe it is important to delve into how this pandemic has affected my life and livelihood. As we keep writing and rewriting history, it is our duty to have primary sources such as these to look back on decades from now.

During this pandemic, I have been following guidelines given out by government officials as best as I can. That entails staying home and inside as much as possible, with exception of going to grocery stores and supporting local businesses for food. I have been making food and eating out a lot less and spending much more time with family. This situation has been nice in that sense, getting to spend a great amount of quality time with loved ones, time that would not be possible without quarantine. It is very unfortunate that peoples jobs and businesses have been deemed essential or non-essential because everyone has bills to pay and mouths to feed. I am grateful that my father is still able to work and is considered essential because that keeps him busy and he enjoys his job. Of course this is a very unprecedented time and situation, but I believe that we can still have a positive outlook as well as focusing on the positives to keep us going. Some other positives I can think of is being able to pay more attention to my well-being, allowing myself to sleep in to make sure I am well rested. Just as I have been paying more attention to my physical needs, such as eating and sleeping, I have been tending to my mental well-being also. I have allowed myself to feel all the emotions that I have been feeling during this time, while usually being in season I am just focused on winning games. I have given myself time to process and heal and invest more into myself which has been very rewarding. But, it has been difficult because at this point in time, I would be in the middle of season and playing baseball four times a week. As an athlete, it is my job to stay in shape physically as well as mentally. Making these things possible looks much different in quarantine without access to materials and tools I would usually have at will.

With that being said, this situation has forced me to become more creative in the way that I think and the way that I do things. I am becoming more resourceful and have definitely

refused to take things for granted. Staying in shape has looked considerably different and has sometimes become a struggle because there is only so much that you can do in your own home. This is because I do not have a full sized gym to workout, or a baseball field to hone my skills. But, there have been creative ways to workout that people have been sharing with each other online on platforms such as instagram or facebook. This has been a fascinating way that people can come together without having to come into contact. Although I may not have access to weights, there are still ways that I can get my body stronger while using only my own body weight. This pandemic exposed some things, highlighting ways that I need to better myself. But on the other side, it has also given me plenty of time to work on areas that I am lacking so that I may reach my full potential. It is important to note that the sky's the limit and the only thing stopping us from achieving our goals is our own minds. This is what I have realized during this time because at first I did not want to do anything because I had plenty of excuses. This whole situation has been a learning experience and shown ample room for growth. In retrospect, I see now how much time that I wasted while making excuses and not bettering myself. This realization is one of the many invaluable lessons I have learned during the pandemic.

Throughout the quarantine, I have tried new things and taken up some new hobbies that I would not be able to otherwise. Things such as making puzzles or trying new recipes as well as a plethora of board games have been new activities to enjoy. My favorite activity has been strolling around the neighborhood enjoying nature and soaking in the sun. As a community, it has been good to see people get outdoors while being socially distant to get their dose of vitamin D. As important as staying home is, I believe it is also important to get outside and feel the warm sun which has many health benefits. The health and wellness of

everyone is most important and should be a priority. This is a reasoning for wearing masks in public spaces which also seems to make people more comfortable. Moving forward, putting the health and wellness of everyone at the forefront, masks and increased sanitizing will be a part of the future. The nature of the world right now is turning towards the online and technology industry. With platforms such as Zoom being used to connect, and Amazon for delivering goods to people, technology is proving to be very important. Nobody is quite sure what the future holds, but my guess is that technology is going to be a tremendous part of what we do and how we interact.

Historicizing my experiences with covid-19 and relating it to content we have learned thus far in the class is very important as well. Instances such as smallpox in the Americas and its impact on Indigenous populations and how it relates to the same themes of this pandemic. Covid-19 and smallpox are similar in nature due to the fact that it has decimated populations, created an economic upheaval, and increased demand for resources. These viruses were both introduced into populations that had no immunity and thus forcing for a vaccine to eventually be created. Now although the covid-19 pandemic is not nearly as catastrophic as smallpox was, its effect on populations and economy is similar. Both of these viruses may also be similar in the fact that people who have recovered build an immunity that can be used in treating other patients. It took years to create a vaccine for smallpox, but may only need several months for us to develop a vaccine for covid-19. This is a testament to how far our nation and the world have come with research and technology advancements.

To conclude, the covid-19 pandemic has taken a toll on everyone around the globe in tremendous ways. Due to this pandemic, people have lost their lives and livelihood while some are put out of work. Small businesses are being greatly affected, while schools and

sports are shut down. Government officials are telling us to stay home and to practice social distance when going outside. Everyone in the world is being affected to some degree, which gives us a sense of connectivity through all the chaos. Although this virus may be strong, it is important to remember that we are stronger and to stay positive. This too shall pass and this will only make us stronger. We will prevail and we will find a cure, until then let's focus on the positives and what we can control. Throughout all this we will have learned many lessons that will only help us become better people and citizens in the world.