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9-20-2020

## "COVID the period of darkness"

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# Archive Project

*The experience in COVID*







**Rebekah Linares**



Cal 5951

## Introduction


This is my archive project to help make an outlet for all the experiences that I've had throughout this Covid experience. I have some of these parts in my notebook but one of my classmates gave me another idea to just type it out so that's what I'm going to be doing throughout this notebook. I will try to remember to do it every day but I'm not sure how to remind myself.

9/21	9/22	9/23	9/24	9/25	9/26	9/27
<p><b>Feeling:</b> Stressed</p> <p><b>Something Good:</b> I got the news i will be starting work soon from my boss</p> <p><b>Accomplished Today:</b> I worked on the iris for my class.</p> <p><b>Quote of the day :</b> i like you but i like myself more</p>	<p><b>Feeling:</b> Happy</p> <p><b>Something Good:</b> I woke up happy today and got my water flosser</p> <p><b>Accomplished Today:</b> Read my chapters</p> <p><b>Photo of the day:</b></p> 	<p><b>Feeling:</b> Worried</p> <p><b>Something Good:</b> I got to help my friend. Sometimes those you thought loved you are the ones to hurt you the most.</p> <p><b>Accomplished Today:</b> Finished one of my iris</p> <p><b>Photo of the day:</b></p>	<p><b>Feeling:</b> helpful</p> <p><b>Something Good:</b> I got to help my friend.</p> <p><b>Accomplished Today:</b> Finished second iris</p> <p><b>Photo of the day:</b></p>	<p><b>Feeling:</b> helpful</p> <p><b>Something Good:</b> I got to help my friend Freda</p> <p><b>Accomplished Today:</b> worked out</p> <p><b>Photo of the day:</b></p>	<p><b>Feeling:</b> helpful</p> <p><b>Something Good:</b> I got to help my friend Freda</p> <p><b>Accomplished Today:</b>quiz in psych</p> <p><b>Photo of the day:</b></p>	<p><b>Feeling:</b> helpful</p> <p><b>Something Good:</b> I got to help my friend Freda</p> <p><b>Accomplished Today:</b> Turned in Iris ESPE</p> <p><b>Photo of the day:</b></p>
9/28	9/29	9/30	10/1	10/2	10/3	10/4
<p><b>Feeling:</b> Good</p> <p><b>Something Good:</b> I worked out today</p> <p><b>Accomplished Today:</b> Reading 5</p> <p><b>Photo of the day:</b></p>	<p><b>Feeling:</b> stressed</p> <p><b>Something Good:</b> I was able to see my grandparents</p> <p><b>Accomplished Today:</b> archive discussion</p> <p><b>Photo of the day:</b></p>	<p><b>Feeling:</b> stressed</p> <p><b>Something Good:</b> I worked out today</p> <p><b>Accomplished Today:</b> commented on classmate</p> <p><b>Photo of the day:</b></p>	<p><b>Feeling:</b> stressed</p> <p><b>Something Good:</b> I saw a puppy on my walk today</p> <p><b>Accomplished Today:</b> inclusion video</p> <p><b>Photo of the day:</b></p>	<p><b>Feeling:</b> stressed</p> <p><b>Something Good:</b> I worked out today</p> <p><b>Accomplished Today:</b> ESPE discussion</p> <p><b>Photo of the day:</b></p>	<p><b>Feeling:</b> Good</p> <p><b>Something Good:</b> I was able to relax</p> <p><b>Accomplished Today:</b> hangout with family &amp; friends in a safe way</p> <p><b>Photo of the day:</b></p>	<p><b>Feeling:</b> Great</p> <p><b>Something Good:</b> I was able to relax</p> <p><b>Accomplished Today:</b> hangout with family &amp; friends in a safe way</p> <p><b>Photo of the day:</b></p>

						
10/5	10/6	10/7	10/8	10/9	10/10	10/11
<p>Feeling: stressed  Something Good: I worked out today  Accomplished  Today:reading 7  Photo of the day:</p> 	<p>Feeling: stressed  Something Good: I worked out today  Accomplished  Today:chapter 6 psych  Photo of the day:</p>	<p>Feeling: Good  Something Good: I worked out today  Accomplished  Today:archive discussion board  Photo of the day:</p>	<p>Feeling: okay  Something Good: i was able to make it through the day without crying  Accomplished Today:quiz 5 &amp; 6  Photo of the day:</p>	<p>Feeling: stressed  Something Good: I worked out today  Accomplished  Today:ESPE discussion  Photo of the day:</p>	<p>Feeling: Good  Something Good: I was able to relax  Accomplished Today:  Hangout with family &amp; friends in a safe way  Photo of the day:</p>	<p>Feeling: Great  Something Good: I was able to relax  Accomplished Today:  Hangout with family &amp; friends in a safe way  Photo of the day:</p>
10/12	10/13	10/14	10/15	10/16	10/17	10/18
<p>Feeling: stressed  Something Good: i took a nap  Accomplished Today:  N/A  Photo of the day:</p>	<p>Feeling: stressed  Something Good: I went to the beach.  Accomplished Today: I did extra credit for my classes  Photo of the day:</p> 	<p>Feeling: sad  Something Good: I was able to see my grandparents  Accomplished Today: i had some house stuff going on  Photo of the day:</p>	<p>Feeling: sad  Something Good: I worked out today  Accomplished Today: I did extra credit for my classes  Photo of the day:</p>	<p>Feeling: stressed  Something Good: i took a nap  Accomplished  Today:ESPE discussion  Photo of the day:</p>	<p>Feeling: Great  Something Good: I was able to relax  Accomplished  Today:Hangout with family &amp; friends in a safe way  Photo of the day:</p>	<p>Feeling: Great  Something Good: I was able to relax  Accomplished Today:  Hangout with family &amp; friends in a safe way  Photo of the day:</p>
10/19	10/20	10/21	10/22	10/23	10/24	10/25

<p>Feeling: stressed Something Good: i took a nap Accomplished Today:N/A Photo of the day:</p>	<p>Feeling: ehhh Something Good: I worked out today Accomplished Today: i had some house stuff going on Photo of the day: </p>	<p>Feeling: Something Good: I was able to see my grandparents Accomplished Today: not crying of loneliness Photo of the day:</p>	<p>Feeling: stressed Something Good: I worked out today Accomplished Today: i had some house stuff going on Photo of the day:</p>	<p>Feeling: Something Good: i took a nap Accomplished Today:ESPE discussion Photo of the day:</p>	<p>Feeling: Great Something Good: I was able to relax Accomplished Today: Hangout with family &amp; friends in a safe way Photo of the day:</p>	<p>Feeling: Great Something Good: I was able to relax Accomplished Today:Hangout with family &amp; friends in a safe way Photo of the day:</p>
10/26	10/27	10/28	10/29	10/30	10/31	11/1
<p>Feeling: stressed Something Good: i took a nap Accomplished Today:N/A Photo of the day:</p>	<p>Feeling: excited Something Good: i took a nap Accomplished Today: not crying of loneliness Photo of the day:</p>	<p>Feeling: ehhh Something Good: I worked out today Accomplished Today:not crying of loneliness Photo of the day:</p>	<p>Feeling: happy Something Good: worked out Accomplished Today: went to Universal with friends Photo of the day: </p>	<p>Feeling: happy Something Good:i took a nap Accomplished Today:ESPE discussion Photo of the day:</p>	<p>Feeling: Great Something Good: I was able to relax Accomplished Today: Hangout with family &amp; friends in a safe way Photo of the day:</p>	<p>Feeling: Great Something Good: I was able to relax Accomplished Today: Hangout with family &amp; friends in a safe way Photo of the day:</p>
11/2	11/3	11/4	11/5	11/6	11/7	11/8
<p>Feeling: stressed Something Good: Accomplished Today: Photo of the day:</p>	<p>Feeling: stressed Something Good: I worked out today Accomplished Today: Photo of the day:</p>	<p>Feeling: ehhh Something Good: I was able to see my grandparents Accomplished Today:N/A Photo of the day:</p>	<p>Feeling: stressed Something Good: I worked out today Accomplished Today: I did extra credit for my classes Photo of the day:</p>	<p>Feeling: ehhh Something Good: Accomplished Today:ESPE discussion Photo of the day:</p>	<p>Feeling: Great Something Good: I was able to relax Accomplished Today: Hangout with family &amp; friends in a safe way Photo of the day:</p>	<p>Feeling: Great Something Good: I was able to relax Accomplished Today: Hangout with family &amp; friends in a safe way Photo of the day:</p>

						
11/9	11/10	11/11	11/12	11/13	11/14	11/15
<p>Feeling: stressed  Something Good: I worked out today  Accomplished Today: i had some house stuff going on  Photo of the day:</p>	<p>Feeling: ehhh  Something Good:  Accomplished Today: I did extra credit for my classes  Photo of the day:</p>	<p>Feeling: ehhh  Something Good: I worked out today  Accomplished Today:N/A  Photo of the day:</p>	<p>Feeling: ehhh  Something Good:  Accomplished Today: i had some house stuff going on  Photo of the day:</p> 	<p>Feeling: ehhh  Something Good: I worked out today  Accomplished Today:ESPE discussion  Photo of the day:</p>	<p>Feeling: Great  Something Good: I was able to relax  Accomplished Today: Hangout with family &amp; friends in a safe way  Photo of the day:</p>	<p>Feeling: Great  Something Good: I was able to relax  Accomplished Today: Hangout with family &amp; friends in a safe way  Photo of the day:</p>
11/16	11/17	11/18	11/19	11/20	11/21	11/22
<p>Feeling: stressed  Something Good: I worked out today  Accomplished Today: I did extra credit for my classes  Photo of the day:</p>	<p>Feeling: ehhh  Something Good:  Accomplished Today: I did extra credit for my classes  Photo of the day:</p>	<p>Feeling: ehhh  Something Good:  Accomplished Today:N/A  Photo of the day:</p>	<p>Feeling: Great  Something Good: I worked out today  Accomplished Today: I did extra credit for my classes  Photo of the day:</p> 	<p>Feeling: ehhh  Something Good:  Accomplished Today:ESPE discussion  Photo of the day:</p>	<p>Feeling: Great  Something Good: I was able to relax  Accomplished Today: Hangout with family &amp; friends in a safe way  Photo of the day:</p>	<p>Feeling: Great  Something Good: I was able to relax  Accomplished Today: Hangout with family &amp; friends in a safe way  Photo of the day:</p>
11/23	11/24	11/25	11/26	11/27	11/28	11/29
<p>Feeling: stressed  Something Good: I worked out today  Accomplished Today:N/A  Photo of the day:</p>	<p>Feeling: good  Something Good: I was able to see my grandparents  Accomplished Today:N/A</p>	<p>Feeling:good  Something Good: I worked out today  Accomplished Today: I found this really cute</p>	<p>Feeling: good  Something Good:  Accomplished Today:N/A  Photo of the day:</p>	<p>Feeling:  Something Good: I worked out today  Accomplished Today: ESPE discussion</p>	<p>Feeling: Great  Something Good: I was able to relax  Accomplished Today: Hangout with family &amp;</p>	<p>Feeling: Great  Something Good: I was able to relax  Accomplished Today: Hangout with family &amp;</p>

	Photo of the day:	sweatshirt Photo of the day: 		Photo of the day:	friends in a safe way Photo of the day:	friends in a safe way Photo of the day:
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11/30	12/1	12/2	12/3			
Feeling: stressed Something Good: I worked out today Accomplished Today: alot of canwork Photo of the day:	Feeling: stressed Something Good: I was able to see my grandparents Accomplished Today: alot of work Photo of the day:	Feeling: stressed Something Good: I worked out today Accomplished Today: alot of work Photo of the day:	Feeling: stressed Something Good: I worked out today Accomplished Today: Photo of the day:			

## CONCLUSION

I see that honestly throughout this whole Covid experience I've been extremely depressed. I've also noticed that all I do is homework and then I go to work. I haven't been working a lot of hours and doing a lot of schoolwork to keep myself preoccupied and try not to focus on the negative things but being so isolated away from people has really put a strain on my mental health. Seeing The fact that because of not being able to socialize with others I have become more depressed. I feel like I don't put as much effort into my classwork but I used to. I still work with the

school but I do know that the students are feeling alone in this scary time. So I have now decided that there is no time to be sad because I have future kids looking at me.