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"My Covid-19 Experience"

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My COVID-19 Experience

Hi, first off, I'm very grateful that this project was put together. So a HUGE thanks to the people who put this project together.

I had heard of a pandemic BUT I believed that I would never live through something such as a pandemic. So I was shocked, surprised and a little upset that I would have to change my life for a "virus". Something unseen but very deadly.

I didn't start to take this new "virus" serious until it successfully shut down the BNP Tennis Match and thereafter the Coachella Music Festival. Those are two major events that I attend every year. I was like "oh my gosh, this must be SERIOUS." That's when it became real to me in my social life.

March 13th was when it became real at work for me. I saw staff/faculty taking office items home, checking out laptops and making sure their technology at home worked properly. I can still see that day in my mind.

This virus has changed me for the better. I've become more patient and I've learned to listen to people more effectively. Before, I believe my world was on "fast autopilot". I had my set social schedule, and everything else was worked around that. Now I make more time for family and friends. Fortunately, I have not lost anyone to Covid-19 and I'm very grateful for that.

May we all return to work with a healthier attitude towards treating each other with more patience, kindness and love.