Life During the Coronavirus Pandemic

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As a Latino living in a low-income community, things can seem tough right from the start. Schools began to close, a higher number of people with the virus and news about the Coronavirus all over social media, the whole world felt like it was falling apart. Both of my parents were living paycheck to paycheck and with the numerous rumors that California was going to go into lock down we tried to gather an emergency food supply for at least a month. Rice gone, beans gone, canned food gone, these items were scarce because everyone was trying to gather food for their families. Masks, hand sanitizer, disinfecting wipes and Clorox were gone the first week the virus outbreak was announced. This whole pandemic was out of control and things were getting much worse day by day. My parents were out of work and me and my siblings were still in school from our own house. As a student I was crushed from this because I was not going to school, I had just applied to a job and was in the process of finding out if I would get it. It felt like my world was put on hold. Prior to this I was working out and focusing on myself to improve both mentally and physically. The first week for me was really tough because I felt stressed out, I felt some sort of anxiety and was barely pulling off my schoolwork.

I am a morning person, but my sleeping schedule had changed, I was going to bed late and waking up late. I was not eating my meals nor working out. Even though I did not have a home gym, I know I can still do body weight exercises such as pushups, squats etc. I did not feel like I had a purpose and that went on roughly for about two weeks, until I realized that I could do more with the time I had available. I tried to start by having a positive in which I incorporated but school online was a whole lot different. I had face to face classes and this whole transfer into online learning was something different for me. With all the chaos happening, I still had to manage myself so that I could finish my first year of college. Reaching out to counselors was a problem and because I had to register for my classes for Fall 2020, it was hectic waiting on the phone for 2-3 hours. Luckily, we have been safe and stayed indoors to avoid getting the virus. The only way anyone of us can survive from this pandemic would be from staying safe and following guidelines. This can be difficult especially for low-income families who live paycheck to paycheck and with two months of not working there might not be money for rent or food. A positive mindset will be the way we can survive this and still be productive at home, especially working out because that helps relieve stress mentally and physically.