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SA 101

Intro to Addiction Counseling

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I am writing a reaction paper on the Covid-19 Pandemic. When I first heard about the coronavirus outbreak, I didn't really think to much about it and then when it was announced as a Pandemic and I started watching the news and following it more I quickly became more concerned. Seeing what was taking place in Italy hit me hard all the tragedy and loss of lives. As it started spreading here in the US and the death toll climbed it really affected me emotionally I couldn't even watch the news without crying and it wasn't even really because I was scared or that it had affected me personally but I just kept thinking about the fear and sadness people were feeling as they lost their loved ones or got separated and then on top of it having to isolate while going thru something that traumatic my heart just broke for them. I am an extremely empathetic and emotional person sometimes too much. The only thing that has affected me in my life personally is all of my classes being moved to online and not having the experience of learning in a classroom and not being able to see my classmates. I did not realize how much I enjoyed that until I didn't have it anymore. For the most part social distancing is easy for me I am a homebody and when I'm not working or at school I prefer to be home anyways. I still do worry a little because even though things seem to be getting better as we find out more information on Covid-19 I feel that there are too many people who are not taking this seriously and that concerns me that we could be battling this virus for a longtime before we see it die down

completely. I worry about my grandmother where she is eighty- one and has COPD and is on oxygen she would not survive this virus. It frustrates me that a lot of people do not bother to follow the guidelines put in place for the stay at home order and social distancing. I have been talking with my therapist more frequently during this time that has been so helpful and I am coping better each day and reminding myself that I only have control over my own actions and excessive worrying is not going to change a thing. My family and I are safe and alive, and I have a job and a roof over my head I have a lot to be thankful for. If these last couple months have taught me anything its that life is short and to take the time to appreciate and cherish what I have because it can all change in the blink of an eye.