



What Will Be My Covid-19 Impacted Emotion for the Day?

(The game my mind plays through the Covid-19 Pandemic as a University of Eau Claire Freshman. I feel as though these are my top 6 emotions that randomly consume my mind for the day.)

1. Lonely:

This pandemic has left me in a room by myself. My roommate went home due to the online class format along with all my other friends. I chose to stay since we're not getting reimbursed. I also wanted to stay in this quiet study environment that has consistent Wi-Fi for finals. Now I only know the Resident Assistant & a few hall mates. Facetiming my family everyday has been essential for not going crazy.

2. Sad:

I get sad when I think of all the opportunities I'm missing from this pandemic such as spending time with family and making the most of my Freshman year. I'm sad that I can't go about my days without fear of making someone sick. I'm sad that my money that I'm putting into college isn't being used to the fullest. I'm sad that I can't travel places because that's one of my favorite things to do.

3. Unmotivated:

Living by myself and not attending class in person has left me to stay in my pajamas most days. This has kept me from being productive. I still get my assignments done but I have to persuade myself to complete them even more so now. There aren't many people seen around me being productive, so my motivation has to come deep down inside me.

4. Anxious:

Being in my room for a majority of the week has left me to have excess energy. I usually would walk outside with friends but since they aren't here, I feel uncomfortable to walk around by myself. It's coming up to almost a year of Covid-19 and I'm nervous about how much longer it will infringe upon our daily living so greatly. I also just get nervous that I'll forget my mask when going out in public.

5. Bored:

Living by myself has been conflicting in that there is so much to do but none of it sounds fun without company. I've had to keep myself busy through activities such as laundry, online Christmas shopping, and reorganizing my phone content. My days usually consist of homework and keeping my self-sane. Even on the weekends I do homework to feel productive and to have tasks to complete.

6. Frustrated:

I get mad at the current situation I am in because of Covid-19. I just wish that I didn't have to tiptoe around everything such as seeing family and friends only if you get a positive antigen test, or even not having spring break anymore. Spring break was something I looked towards as a reward for hard work in school but now I can't look forward to that break. I'm also frustrated that we don't know when this pandemic will end.