

Des Moines Area Community College

## Open SPACE @ DMACC

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Life in the Times of Coronavirus: stories from students, staff, & faculty

Coronavirus (COVID-19)

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5-2-2020

### Life in the Times of Coronavirus

Anonymous (Student #6)

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#### Recommended Citation

Anonymous (Student #6), "Life in the Times of Coronavirus" (2020). *Life in the Times of Coronavirus: stories from students, staff, & faculty*. 16.

<https://openspace.dmacc.edu/coronaviruslife/16>

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May 2, 2020

The first few weeks when the Coronavirus pandemic started, I felt happy that I would finally get some rest from school and work. The first two weeks were fine, and all I did was sleep or watch movies. However, after the third week I started getting really depressed and anxious. I am an international student in America, therefore I wanted to spend summer with my family back in hometown. The fact that this virus is spreading so fast, I was unable to go visit my family. Now I am stuck here, where all I can do is watch movies, go for a walk, or read a book. Although I feel somewhat lonely, I am glad that I can go to the DMACC trail. The only thing that has helped me go through this pandemic is that opportunity to go outdoors, like biking at the trail or any other trail around my campus. However, I feel like quarantine is not good for people who have problems like depression, anxiety, and stress. Overall, this time has helped me reflect on myself, as I have started eating healthier, thinking positively, and exercising.

Here is a picture of me at the DMACC trail having fun and relaxing during night times.

DMACC Student #6