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In Sickness and in Health in South Texas: Narratives of COVID's Impact

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### The Positives of the Pandemic

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Josey Terwilliger

### The Positives of the Pandemic

The COVID pandemic was undoubtedly hard on everyone for a multitude of reasons. For me personally, I felt the biggest impact in my social life. I was a sophomore in college when my university closed due to COVID, and it wasn't until I was a second semester junior that I was able to attend all of my classes in person again. I was limited in the interactions I had with not only my peers and classmates but my friends. Most of my friends had someone close to them that they worried wouldn't make it if they contracted COVID. This made it impossible to hangout with my friends for fear I would give it to them or they would give it to me unknowingly and then pass it on to someone older and more at risk. I would say for about a year I felt like the only genuine social interaction I had was with my immediate family. It was lonely. However, on the flip side of that I do feel like now that I am able to see my friends again I cherish and long for those interactions more than I did before. I am thankful for that aspect of it.

I also remember not being able to go to the gym anymore during COVID. This was especially hard for me because I had just gotten into a very consistent exercise routine and I worried that I would lose all my progress or have a lot of trouble getting back into it when I was able to go back. I did what I could at home to try to stay active but I still felt extremely discouraged due to my loss of muscle and I was beyond excited to get back into the gym when the time came. I'm glad I was responsible enough to try to stay active rather than using COVID as an excuse to stop trying to stay active.