

In 2020, our world was shaken by the Covid-19 Pandemic. Everyday life ceased to be what it once was. When Covid-19 began spreading throughout my area I was halfway through my freshman year of high school. I was in school every day from 7:30-2:45 and followed school with going dance. I was still getting comfortable with the change in my life that was being a high school student. Each day was an adjustment, but I was finally beginning to feel the ease of my routine when I received the email from my school that we would have two weeks off due to the Corona Virus.

Those two-weeks turned into two months, which turned into a hybrid sophomore year, and a masked junior year. My life as I had known had completely changed. I was a very outgoing, active person who then was forced to isolate myself in my house. School turned into zoom, and dance turned into nothing. Dance was my life. I went to school and immediately following school I would spend hours upon end at my dance studio rehearsing for competition. For the first time since I was three years old I wasn't going to dance week by week, and for the first time since I was five years old my dance competitions were cancelled.

School and dance being cancelled ruined my mental state. I was struggling everyday being forced to stay inside. I no longer wanted to be active and leaving my room became a struggle. Online school felt like a force and my once excelling grades dropped. Covid-19 will be remembered for the disease and those it affected, but what should also be recognized is the stunt to the mental health of those in isolation.