

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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4-23-2020

### Life in the Times of Coronavirus

Anonymous (Student #3)

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April 23, 2020

In this time of quarantine, I am trying to respect the social distance and isolation.

This situation has had an effect on my mental and physical health. However, I am trying to remain positive and enjoy this time to focus on myself. Lately, I am going on bike rides, started doing yoga and I am trying to eat healthier. I usually go to the lake near DMACC, I sit there and play some music. It is a very peaceful feeling to watch the ducks swim and the dogs running around.

I am an international student here at DMACC, so all my friends and family live away. I am trying to keep in touch with them by calling and texting them every day. This is not the perfect time to be away from your closed ones indeed, but, we must remain positive in order to overcome this situation.

As for classes, it took me a little time to get used to having all classes online but with the help of professors, I overcame that.

I am hoping that everyone is respecting the quarantine rules and at the same time, taking care of their mental and physical health.

Thank you :)

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DMACC Student #3