

Des Moines Area Community College

Open SPACE @ DMACC

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

Coronavirus (COVID-19)

4-23-2020

Life in the Times of Coronavirus

Erza Rama

Follow this and additional works at: <https://openspace.dmacc.edu/coronaviruslife>

April 23, 2020

Everyone is worried and scared about the Corona Virus. Now that I am sharing my story with you, I can say that I am a little scared too. I am around six-thousands miles away from home, and I am worried about my family and their health. Everyone is locked inside their homes, and no one can travel. Grocery stores are empty, thousands of people are laid off from work, and everybody is social distancing. The quarantine seems brutal when you are not sick, but keeping your body as healthy as possible by eating well, exercising, and getting enough sleep is most important. The only thing we should do is not to panic about this situation, because panic can spread faster than the virus. The only thing we should control is our mental and physical health. I am trying to avoid stress and to put my time and energy into productivity. The bullet journal I created during the quarantine helped me a lot. It helps with tracking my habits and my mental and physical health. It is helping me to stay focused on my studies and to plan the thing I am going to do while during the quarantine. I am also tracking the nutritious meals and my yoga exercises and meditation. Harvard Medical Schools recommends yoga and meditation to deal with coronavirus anxiety. I am doing yoga more than I did before, and it is very helpful for this situation. The most important thing I am doing is that I am trying to avoid too much information about the virus. I am getting the facts, but not the rumors. I am listening to public health experts who can help navigate the path ahead. Also, the information I want to hear more is how people are performing concerts on their balconies to fight loneliness. I like to hear how everybody is helping each other to pass these tough days. I love it when people are staying home safe and healthy, especially when they do yoga and meditation. I love it when people are sharing their stories that empower each other to fight this pandemic. When we stand and share our stories in an empowering way, our stories heal each other.

Erza Rama
DMACC Student