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“I feel much better once I have the time to appreciate everything around me, I learned how to bake and have been doing yoga and fitness indoors every day.”

“Every day has become the same routine of waking up and getting through it slowly, most days I don't know if it's a weekend or another Wednesday.

I have trouble keeping up with school work because I become unmotivated and there are a lot of times where reading doesn't make any sense in my brain. I find emailing my teachers about it harder and I have phone anxiety, which means a lot of times when I'm video calling friends when I usually do the most talking, I can't help but listen and space out. My friends have always been there to ground me, and I don't know how to return the favour when it's not in person.

Where my academics feel like they're dropping slowly, I have spent more time on my physical and mental wellbeing. I feel much better once I have the time to appreciate everything around me, I learned how to bake and have been doing yoga and fitness indoors every day.

I'm grateful for my position where I live in a loving family, with food, clean water, and a house. And also, I'm not stressed because our grades can only go up, that has been the constant reassurance for me.

The weather has been getting better these past few days and I can sit outside in my backyard to see and photograph different types of birds like

common grackles and mourning doves (on the rare occasion).”

