

In today's society, we thrive on performance, competition and perfection, which leads to increased stress for people my age. Those are not the only things that affect us, as a society, this past year. The Covid pandemic had a transformative effect that did not spare any component of our society. All religions, race, and economic classes saw some type of effect from the viral pandemic that impacted our world. We are still trying to readjust to the multiple ways our world has changed throughout the year.

As the virus began to spread, the more it affected the health of everyone and their lives were in jeopardy. The Covid-19 pandemic has impacted not only millions of Americans but the world. In some way it affected people physically, mentally and emotionally.

The pandemic affected our society physically, when businesses such as gyms and sport activities came to a close. People were not able to exercise or do their daily routine which also led to affecting people mentally. People became very depressed because they were not able to socialize with friends or families. People were not able to worship like they were used to anymore. Kids were not able to go to school and learn. Families were not allowed to visit with one another which worsened depression amongst the people. People were not able to worship as freely as they would before. No one knew if they would be able to step foot in church again or if it would stay closed for the community. During quarantine, so many jobs were lost which led to many families suffering. Parents weren't able to make the money they once did which meant they couldn't support their families. Not only did major jobs and corporations close down and suffer, but also our local businesses did as well. Because of this shut down, no one could buy the supplies that they needed for their homes and families. People were led to shopping online for things they may need such as toiletries, but the price had gone up extremely on the simplest

things. No one knew how long this would last and everyone became fearful of the unknown. Questioning whether this was the end of the world or was this how we would live from here on out. Would this be the new way of living, wearing a mask now in public, social distancing, and not being able to have large gatherings anymore?

The pandemic personally affected me as well. The life I once lived had come to a halt. I no longer was able to attend school and see my friends on a daily basis. I was not able to attend my dance company where I had dance practice three days a week. I started to have feelings of loneliness and boredom. I had to learn how to study through virtual learning and have dance practice through Zoom meetings. However, the one positive thing that the pandemic did bring to my family was that it brought us closer together. We were no longer in a daily rush from going to one thing to the next and eating dinner on the go. We were able to be with each other every day and had time to actually have “family time”. But even with having more family time, I still suffered from some depression and just tried to readjust to the “new normal”. In this time, I learned to not take anything for granted anymore.

Lastly, the presidential race of 2020 had a huge impact on not only our society but our country. There was a huge political shift between everyone, and people were forced to choose a side. In a country that is free to make our own decisions, people were forced to pick between red or blue. Because of this, riots were issued and marches occurred. From the world being “one being”, it had split into two sides and everyone had to pick where they belonged.

All religions, races, and economic classes saw an impact on our world during this pandemic. As a free country individuals should be thankful for one another and show each other love and support through this trying time. Instead of choosing a side, we should choose each

other. 2020 will forever be remembered for a range of stressful events in society, from a global pandemic to a civil rights uprising to a twisted election cycle.