

# **Finding Happiness During a Pandemic**

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## **Finding Happiness During a Pandemic**

I remember the last day of high school as the first day of the pandemic. The weeks leading up to that day were full of fear and growing tensions. Some people believed that Covid would continue spreading and become a problem; others thought it could just be chalked up to something comparable to the common cold. However, I don't think anyone could have predicted how much it would eventually affect them, whether they contracted the virus or not. It is clear now that this pandemic will become part of history.

Covid has changed the lives of hundreds of millions of people. This pandemic will be one of the most eventful parts of people's lives and will continue to have an everlasting impact on them. I know personally my life has changed tremendously during this time. However, I do not contribute this change solely to Covid. Just a couple of months before the pandemic, I met my significant other and have been very happy with life since. This is extraordinarily important to me and has skewed my opinion on how Covid has impacted my life because my significant other has always been there for me. I believe that the fear and anxiety I would have developed because of covid isolating me, was extinguished before it grew out of hand, due to the fact I had someone to talk with during quarantine.

Sadly, many people do not have someone to confide in during these times. This has bred a disturbing amount of depression and anxiety amongst individuals during the pandemic. There has also been an insurmountable increase in civil unrest, especially after the deaths of Briana Taylor and Geroge Floyd. There has also been an insidious development of false information being spread amongst people, aswell as simple irresposble actions, like not wearing masks in public, which leads to avoidable deaths. Fear and anger are growing, and there does not seem to

be any slowing down. During this time, I have become increasingly grateful for the people around me. I believe that a lot of people have also learned the value of human companionship and interaction during this time.

Additionally, through the extensive free time available to me due to covid, I have also learned about my passion for different subjects. During my free time, I would study new topics that were of interest to me. I would explore many things at an unprecedented time. During the past fourteen months I started learning more algebra and calculus, Mandarin Chinese, stock options, physics, electrical engineering, and art. Online school has given me the freedom and flexibility to study beyond my classes and current curriculum. This is a precious thing to me as it has also allowed me to create healthier habits. I have also learned the value of online courses and will take more in the future, and who knows, maybe I will continue taking online courses on and off for the rest of my life.

Looking back I am still unsure how Covid would have impacted me if I never met my significant other beforehand. I also do not know what it feels like to fall in love when there is no global pandemic. This is a very peculiar thing; however, I would not trade that experience for the world. Before the pandemic, I struggled with a fair amount of anxiety. At this point, I'm the happiest I have been in years. I wish this were the case for most people, although it seems that it is indeed the opposite. I believe that I will come out of this pandemic a mentally more robust and healthy person due to my strong personal development during this virus.

The greatest lesson I have learned through all of this is that having someone to talk to is vital to happiness. It is a weird feeling to have gone through something like this for so long; sometimes it is hard to remember what things were like before Covid. This may lead many

people to feelings of isolation which would be compounded if you have no one to talk to. Even though this has been a time synonymous with illness, death, and isolation, I will look back at this time with fondness as a period of love, learning, and introspection.