

Caitlin Foreman  
Meme Assignment

Me at the beginning  
of 2020.



Me at the end  
of the quarantine.



**Description:** My meme is related to the Covid-19 pandemic. In the meme, there are two different pictures. On the left side, there is a picture of a woman who looks young and cleaned-up. She is holding her hand in a thumbs up position and has a smile on her face. At the top of the picture there is a caption that reads, "Me at the beginning of 2020." On the right side, there is another picture of an older woman that is not as cleaned up and looks like she is wearing a robe and pajamas. She has a tired / annoyed look on her face and is just staring into space. At the top of the picture there is a caption that reads, "Me at the end of the Quarantine."

**Why did I choose this meme?** I chose this meme because I really enjoyed it and related to it. Living through the pandemic was a very hard time for me. This is a good representation of how I felt during and after quarantine. I struggled a lot with depression and anxiety and I feel as though it aged me and made me very tired. I see physical changes with myself as well from the beginning to end of covid. Before covid, I used to wake up early and do my hair and always wear nice and put together outfits. After covid, I didn't care about my appearance because for so long I just wore pajamas all day because I didn't leave my house. Now I wear comfy clothes everyday and don't dress up a lot like I used to. I don't wear makeup or do my hair anymore either.

**What does this mean to you?** This meme means a lot to me, because it was me. It was my senior year of highschool in 2020. I missed prom and graduation. Both meant a lot to me and not getting to experience them was very disappointing to me. I looked forward to getting to walk at graduation since I was in preschool. I also did not get to have my senior

night at my highschool for soccer. I have been playing soccer since I was 3 and I played varsity soccer all 4 years of highschool. Missing that was also very disappointing. The covid-19 pandemic took a lot away from me, and also destroyed my mental health. But, everything happens for a reason and I got to spend a lot of time working and bettering myself throughout lockdown and got to spend a lot of time with my family before I left for college. I am very thankful for the time I got to spend with my family, because that is very special to me.

**How does it typify or explain your experience with the pandemic?** This meme really explains my experience with the pandemic. I had to transition from going to class everyday, to learning online and meeting with my teachers online on zoom. I used to have a job at a nursing home, spending time with the people and helping them with lunch and playing games, but I was let off because of the pandemic and being a high risk carrier. Neither of my parents are essential workers, so they worked from home the entire pandemic. We had to social distance and not leave our house during the lockdown phase. My family and I were very cautious and didn't leave our house unless it was to get food, gas, or to take a nature walk to get outside in an open space. I had to social distance from my friends and that was the hardest. Once a week we would meet up outside in a parking lot and hangout and have a picnic, but we would wear masks and all be more than 6 feet apart so no one could get sick or pass covid-19. Luckily, during the first of the pandemic and lockdown, my family was able to stay healthy and we did not get covid-19. Since we were quarantined and didn't leave the house, no one got sick with anything such as the flu, common cold, ear infection, or strep. These were some of the things I have gotten every single year since I was a young child. My family and I all struggled with our mental health. We are all very social and it was hard to be alone in the house all day. We made the most of it though and would have themed dinner nights and play family board games weekly. Some ways we kept ourselves occupied were house projects, gardening, scrapbooking, and organizing our at home office. We were very busy everyday and tried to keep a good schedule.