Cleaning During Covid

I think I can speak for many people when I say that this pandemic has stretched on for a lot longer than anyone anticipated. I believe most people have learned a thing or two from this and unfortunately a lot of people have learned to live without loved ones. Fortunately for me, my grandparents and other family members are okay, all of my friends are okay, but this pandemic has still been hard.

I hadn’t been emotional about the virus until Christmas. My grandparents visited to drop off presents and I was so happy to see them but so heartbroken over the thought of it being my first ever Christmas without them. My next thought after wishing for their attendance Christmas morning was how thankful I am that they are okay. I learned that I need to be extremely appreciative because a lot of people have lost, well, a lot of people.

I’ve learned a lot about not only myself but others too. I learned that things that I once thought were so important, like going to out every single night, are seemingly meaningless to me now. I have also discovered a love for wearing masks. It is so much easier for me to navigate around a crowded store with my face covered, not worried about if I look gross that day or whether an old acquaintance will notice me and suck me into an awkward conversation.

Everything I mentioned above is indeed important but to me finding out how to love myself and show myself that I love me was the biggest lesson learned. Since COVID-19 took over and everything closed down I started spending more time in my room and fell in love with it. I have struggled with depression for a good while now and one thing that I always have an issue with is keeping my room clean and pretty. Yes, amid a worldwide pandemic, I learned to clean my room. It is more than just a clean room it’s the feeling of peace and serenity. Of course it’s no big deal to have a little clutter here and there but I discovered that I am so much happier when my room is perfectly beautiful when I lay in bed to go to sleep. I feel elegant, mature, and clean. I won’t mind when my room is messy but I know how much I love a clean room and once I muster up the energy to do it… boom my mood is ten times better and I am immediately relaxed. Even if I did essentially nothing over this pandemic I learned that I am capable, worthy, and how good a clean room can feel!