

Liad – Age 16
April 2, 2020

Over the past summer, I sat in an auditorium with thousands of high school students listening to a motivational speaker, advising everyone to take an online love language quiz. By doing so, the woman assured us that we would be given the proper tools to communicate what is needed to meet our emotional needs, strengthening our relationship with friends, colleagues, and significant others. I discovered that my “love language” is physical touch.

I never really thought anything of this until my dad came home one night, two weeks ago, initiating an elbow-bump as I was already on my way to hug him. At that moment I realized that the concern and danger revolving COVID-19 was no longer something I overheard my parents watching on the news, it was my reality. While I do recognize how blessed I am to be in a stable living-situation throughout this time, being at home for days on end, unaware of when regular day-to-day life will resume as the people around me put their lives on pause as well, is bizarre.

In an effort to take a break from the mind-numbing activities that I use to distract myself and expose my body to sunlight and vitamin D, I have been going on runs alone. While I was not surprised that many other people had the same plan as me, I did not foresee the precautions I was going to take, distancing myself from others. As opposed to giving my close neighbors a hug, we made note of the 6-foot distance we needed to maintain. Meanwhile, the only way I can talk to my friends and cousins is over facetime. There is no way of knowing when it will be safe for me to hug the people around me, something that would be perfect during a time like this. I can no longer jump on my parents’ bed with my sister on Friday nights, or even spend quality time with others, however, I feel fortunate that this is the largest change I am experiencing.

I send my prayers to those fighting for their lives, worrying for a family member, no longer making a steady income, and anyone else affected in any way by this pandemic.