

Vivienne - Age 15

April 20, 2020

QUARANTINE

This quarantine has been really tough on me. I feel isolated. I feel sad. I feel alone even though I have my family, which is a strange feeling. I know I have backup and people who will always be with me but yet, there is still a gaping hole inside me that wishes I could have my friends here with me. They are a part of my life. I am not who I am without my family but yet I am also who I am because of my friends. There are some things in life that are taken for granted. I never thought that I wouldn't have the option to see my friends. Even though I have FaceTime and the phone, it just doesn't do the trick. I never realized the difference and the impact it makes getting to physically be with your friends. I just want to hug them.

It's a confusing time right now. There are moments where I am left sobbing from the effect that this has on me. It's mixed emotions that flow through me. It seems like a struggle to just get through a day. Even though this is so hard on me, something amazing happened that shifted and expanded my perspective. I was baking some macaroons and once they got put into the oven I had a break. I looked through my back window and I saw my little sister standing outside with an umbrella just playing in the rain. I decided to go outside. I wasn't in rain gear, I was just in leggings, a short-sleeve T-shirt, and sandals, but the fact that I wasn't prepared for the weather didn't stop me from having a good time and being present in the moment. We just started playing. We were jumping in puddles, dancing, singing, and really just letting everything go and having fun feeling the rain. There was so much my head was clouded with and it was kind of like a wake-up call saying, "HELLO VIV... YOU ARE STILL OKAY." I actually felt

free. It was nature that grounded me. Feeling the drops of rain hit my face, hands, and toes, was amazing. When I was outside, there were a lot of thoughts running through my head and then when we were done, I did some work in my journal and I drew a picture that got me thinking. I drew a picture of clouds and then there was an eye in the middle of the cloud and there were raindrops falling, I asked myself, are clouds shedding tears? Everyone cries and to be outside and have the drops falling on me, it almost felt like nature was crying too. Everyone was shedding a little bit of sadness together.

There is a part of me that knows it will all be okay and everything will get better someday. There is a quote my mom always tells me, "This too shall pass." This means that whatever time or thing you are going through right now, it doesn't last. This includes the bad but also the good. I have heard this my whole life and I have been able to apply this to little things but it is hard to imagine that right now. To be able to get my head out of everything that is happening with the world, and go deep into my heart and connect with the knowing that everything is going to be okay, is extremely difficult. At some points, I feel happy, and then I think about everything that is going on and it makes me feel sad and upset. I just don't know how or what to feel. There are ups and downs throughout this whole experience and we need to learn how to balance the good and bad together.

Another difficult aspect of this quarantine is my sudden reliance on technology. In my house, technology was always very limited. I was the last person in my grade to get a phone, and watching TV is done on the weekends, never during the week. Now, during this time, my siblings and I are stuck sitting here, at our desks, every day, staring at screens for the majority of the week. This just makes me miss my human interactions even more. To be on computer

screens all day is enough, but then when the only way to have a social life is to FaceTime, it just becomes too much. Through all of this, I am working on keeping an open mind. I have learned to be grateful for everything that I have. Once this is all over, I hope to keep these qualities that I am gaining through this and be a person who looks at things with gratitude in my heart.