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In Sickness and in Health in South Texas: Narratives of COVID's Impact

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COVID IMPACT

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COVID changed not only rules and regulations of the world, but it also changed the dynamic of how we interact as a society. It was very important for me to be in tune with my mental health during the lockdown and a way I took care of myself was to take care of my physical form. Initially, it was a little hard for me to keep my motivation to be physically active, however as a family, we decided adopted a dog for the family which I was ecstatic about! Taking him on a walk multiple times a day forced me to be physically active, even when I didn't feel up for it. I always felt instantly better after a walk, especially after a long day of work or being at home, the change of scenery was always welcome.

Emotional wellness was hard to maneuver through during COVID, as I have a hard time being in tune with my own emotions. However, by having a dog to take care of made me realize my emotions more as I was responsible for him. Having a bad or good day didn't matter as he was a priority for me. I realized I had to put my own emotions in the backburner and take care of him. This in turn made me realize how overseeing your own emotions is important in not just your everyday life but being a good doctor. Patients rely on you to put their health first and it does not matter if you are having a good or bad day, you must put your emotions aside and take care of who is in your seat.