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

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### Importance of family

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## Importance of Family

Before the pandemic, I was not actively concerned about my physical and mental health. When the pandemic started, I saw a definite shift in my mood and the effects it had on my eating habits and physical health. At the time, I was going through a career crisis and was unsure if I wanted to pursue the pathway I always had in mind. The lack of social interactions prevented me from talking with someone and that kind of made me depressed. I piled up my feelings and some nights would burst into tears. I had no motivation to do anything and would sometimes just stare out into space. My eating habits were unhealthy, and I was not physically active at all because I often felt fatigued. I was able to change my habits due to the encouragement of my family members. I would say the pandemic made me become closer to my siblings and has allowed me to open up to them more. They helped me plan out my workout routines and would even cook me some healthy meals. This pandemic has made me realize how important it is to have a good support system and how much family plays a part when going through difficult times.