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

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Social Influence of COVID

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The dimension of wellness that COVID has impacted me was my social wellness.

Having been an individual full of pursuit, I found my life to be halted from the pandemic which made me slow down to appreciate the closely-knitted relationships around me. For instance, COVID made me realize how important social interaction and support was in stressful times. Humans are inherently social beings. Having family, a community or a support system where one can put trust and express feelings in is critical in allowing individuals to continue persevering in difficult times. Thus, it is to my understanding to be a supportive future healthcare provider who wants to build a community of trust with others and have sincere dialogue.

Furthermore, COVID has also made me more cautious of spreading pathogens to close family members and those who are immunocompromised. Having seen firsthand the emotional pressure people feel when stepping outside makes me wish to alleviate that suffering. As a future healthcare provider, these experience taught me to be sensitive to patients, read the room carefully, be extra precautions of spreading pathogens, and most importantly be better prepared for the future if another pandemic were to arise again.