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

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11-12-2022

### COVID's Impact From an Individual's Lens

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#### Recommended Citation

Sukho, Ruju, "COVID's Impact From an Individual's Lens" (2022). *In Sickness and in Health in South Texas: Narratives of COVID's Impact*. 14.  
[https://athenaeum.uiw.edu/sickness\\_health\\_narratives/14](https://athenaeum.uiw.edu/sickness_health_narratives/14)

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COVID has impacted my emotional wellness/impact. It was simply being unable to interact with family and friends and just recognizing the fact that the world has forever changed. Hearing the number of deaths due to COVID also took a negative impact on emotional health. Having to constantly live in fear during the height of the pandemic also had some impact. The second dimension of wellness that was affected during the pandemic was the physical wellness. Having been confined to my house, I would find myself getting tired more frequently. This is largely due to stagnancy secondary to the pandemic. All in all, luckily, the pandemic did not have a detrimental effect it just had a negative impact.