

University of the Incarnate Word

## The Athenaeum

---

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

---

11-17-2022

### Life Changes

Ashley Hoang  
ashoang@student.uiwtx.edu

Follow this and additional works at: [https://athenaeum.uiw.edu/sickness\\_health\\_narratives](https://athenaeum.uiw.edu/sickness_health_narratives)

---

#### Recommended Citation

Hoang, Ashley, "Life Changes" (2022). *In Sickness and in Health in South Texas: Narratives of COVID's Impact*. 11.

[https://athenaeum.uiw.edu/sickness\\_health\\_narratives/11](https://athenaeum.uiw.edu/sickness_health_narratives/11)

This Narrative is brought to you for free and open access by The Athenaeum. It has been accepted for inclusion in In Sickness and in Health in South Texas: Narratives of COVID's Impact by an authorized administrator of The Athenaeum. For more information, please contact [athenaeum@uiwtx.edu](mailto:athenaeum@uiwtx.edu).

**Ashley Hoang**

## **Life Changes**

During the start of the COVID-19 Pandemic, I was at a point in my life where I was confused on what my future plans were going to be. It was tough not knowing how long this pandemic was going to last or how bad it was going to be. I found myself feeling very anxious and cautious because I did not want anyone in my family getting sick. I was also in the process of applying for optometry school and there were a lot of limitations that came my way. For example, I wasn't able to get shadowing hours and I was afraid that what I had wouldn't be enough. During the pandemic, I became interested in cooking healthier meals that I knew would be beneficial for our health. I started to enjoy doing more activities outside such as going on walks in my neighborhood. Going on these walks gave me time to de stress and have a different outlook on life. I became a more understanding person because you never know what someone is going through. It is always best to be a good listener. Since then, I have seen a shift in my mental and physical health.