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

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### How COVID-19 Impacts My Life

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## How COVID-19 Impacts My Life

Yingnan Zhang

There is no doubt that COVID-19 will have long-term mental health implications in everyone's life. However, we can choose our attitudes to look at the bright side even when we don't always have control over our surroundings.

Before the pandemic, my husband and I were split between the United States and China due to our work. We didn't have a lot of time to spend together because he had to commute between China and the US three times every year. As immigrants of the first generation, this was one of the most challenging periods for us. However, my husband remained in the United States after the epidemic, and I was surprised by the positive effects it had on my family. We stayed at home and spent a lot of time together while working from home and learning remotely. Our family adjusted by attending church services, hanging out with friends, rediscovering "traditional" board games, taking family walks, and visiting neighborhood parks. Because of this, there has been an unexpected reset that has greatly simplified our family's life and our relationship has been getting closer than ever before.

Pandemic allows us to spend more time with our child and help him develop time management and independence. We made a daily schedule together, and it promoted his self-esteem and sense of responsibility to let him engage in domestic chores. My goal was to give him the necessary skills to handle whatever world would give him. Making the bed, putting away laundry, cleaning dishes, sweeping the floor, walking the dog, mowing the lawn, and bringing out the trash were just a few of the duties I had created for him to complete while he studied from home.

Finally, the gift that COVID-19 is giving us is a new sense of appreciation and gratefulness. It has offered us a new perspective on everything we have taken for granted for so long – our freedoms, connections, work, family and friends. So we are more grateful for God's grace. Because of his protection and blessings, we are alive and healthy. When the world is in danger, God is the only one who is true and trustworthy, and HE is the only Lord who can deliver us.

If I look on the bright side, Covid-19 has also had a positive impact on my family, parent-child relationship and my faith.