LIFE EXPERIENCES  
This times, which we have had to live, has been full of experiences that have marked our lives. During this period, my daily routine changed, my schedule of going to bed and getting up was not the same. My outdoor activities, shopping, vacations, and so on, were very limited and it was impossible for me not to feel fear due to this situation of uncertainty. But as I researched about the virus and learned more about it, my anguish (fear of the unknown) was minimized, since I know that the proper use of a face mask and good hygiene minimizes the risk of contagion. It is important to highlight the support among neighbors and the community in general to try to overcome this situation.

This situation affected me. With the closure of the school, it was very difficult to stay at home all day and not practice any sport or meet with my friends, affecting my physical and mental health (I felt upset, sad and distressed), but thanks to social networks I communicate with my friends, although it is not the same.

It should be noted that the most difficult situations I had to face was the online study, due to the lack of concentration and the large number of tasks making me feel exhausted, for which I developed a center of interest to keep me busy and active; and spending my last year of high school at home without being able to enjoy with my classmates all the experiences of that year.

Besides of that, this pandemic has brought to my family a lot of sadness and uncertainty because of not being able to get together in very important dates for us.