

“ And although there will inevitably be bad days ahead, I know that I will push through — maybe a little bruised but never completely broken. ”

“ It’s been healing to have something to care for besides myself. ”

“ When I was finally forced to slow down and actually spend some time with myself I realized I needed to make some changes. ”

“ The thing about answering this question is that I’m not sure what COVID has done to me — is still doing to me. ”

“ I forget what normal is, I forget what real life was like, and that’s the scariest part. ”