1. As you know this has been a very difficult time that we are living in. The spread of COVID-19 has left a tremendous impact in everyone’s lives around the world. This pandemic can cause stress mentally, emotionally, and physically. How are you feeling while this virus has taken over lives? What are some coping strategies that you use to relieve the stress?

I am overall feeling devastated about how so many people are dying from just the corona virus. In order, to prevent more people from receiving the corona virus, we need to practice social distancing (standing at least 2 meters away) from each other. Another thing that me and my family do is we wash our hands and we don’t touch anything that is outside far from our house. Even though all the barber shops are closed, I will have to have my mom cut my hair for me and we must stay home a bit more often than we usually do in order to protect ourselves. The only time me and my family go outside is get essentials and go outside for a walk because other than that, I will just stay at home bored sitting like a couch potato.

Sarthak Nadkarni