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Springfield College seminar

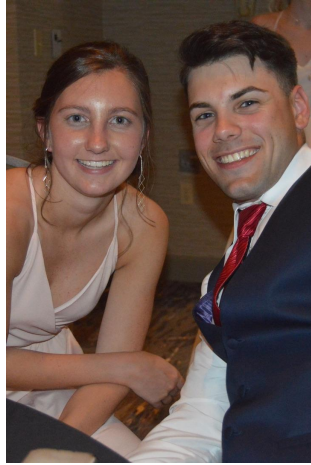
### How Covid-19 affected me.

Covid-19 was very impactful in a negative way during the spring. First off it ruined my winter because I was forced to workout in my basement with body weight exercises and that took a toll on me. Another reason was in school when we shut down I never thought that would be the end of my high school tenure. I was very sad when it set in that it really was the end. I wasn't able to experience my senior prom, senior trip, aloha day or graduation. These are all things that i was looking forward to and it really tore me apart. Next was baseball. Our team was planning on defending our state championship and western mass championship. And I was planning on cherishing my last moments on the diamond. Well none of that happened. Our season was cancelled and I would never get to play for our team again. We were such a close group and to play our last games together without knowing the previous year was a tough pill to swallow. This summer i had to pick up new hobbies fishing and hiking and it really got me to go out of my comfort zone which was cool. And finally, one that probably covid had affected everyone in a way - mental health. The isolation combined with heartbreak almost broke me in a way.

# How covid affected my life

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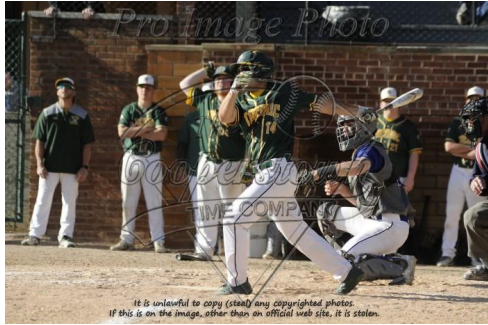
# school



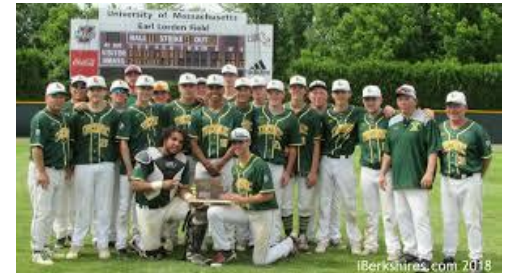
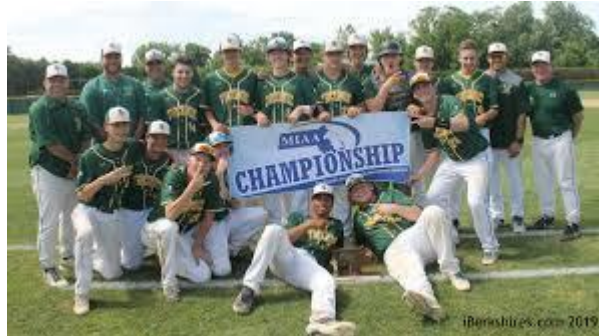
In school I couldn't experience prom, the final pep rally and graduation. This was one of the worst things that could have happened. Every memory that your supposed to cherish during your senior year, i couldn't get to.



# sports



Baseball is my favorite sport and unfortunately i could not play my senior year and get the chance to repeat as a state champion. The “one last ride” wasn’t cherishable because i didn't even know that my junior year was that.



# The GYM



Working out is a huge part of my life - it's basically my passion. To have all the gyms shutdown was really really hard to deal with. I couldn't lift and i had to get creative. This effected me as i wasn't in the shape that i wanted to be in.

# My summer



I had to develop different hobbies that were more socially distant and could be done alone. I tried hiking, fishing, and video games. This was really hard and pushed me out of my comfort zone.



# My mental health



During covid-19 i had recently been involved in a breakup and mentally i was all over the place. When qurentine was in effect, i felt lonely and isolated because i couldn't hangout with people and do things to get my mind off her. I always smiled around my parents and acted like i was okay and i ended up being fine, but it did affect me.