

The Benefits of Quarantine

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Many people think that this pandemic had a very negative impact on the world, but just as there is always a bright side to everything, the pandemic also has many positive aspects. During this pandemic I have learned to adapt find appreciation for the things I took for granted. This pandemic has affected many lives greatly, but it also was an opportunity to learn from our past and see how we can prevent and manage this kind of situation the next time it happens. Throughout this past year, I believe that many people including myself had the chance to reflect and learn to appreciate their lives more.

Even though it seemed impossible in the beginning, this pandemic has taught me in various ways to look at the positive aspect of it and gave me many experiences that I will remember for the rest of my life. Since this pandemic has made me stay quarantined and isolated from my friends, teachers, relatives, etc., it has made me value the people and their support more than I ever had. Although it was tough at first, being quarantined helped me to be more responsible and self-controlled. During the quarantine, I learned to do more chores around the house and assist others. There were times when I was sad and frustrated, but I learned to control myself and to be patient. Wherever I went had to maintain self-control and be responsible by wearing my mask and stay 6 feet apart.

Another reason why I think that staying quarantined has helped me is because I started to see more value in things that I didn't really notice before. Although I miss my school, friends, and teachers, I'm grateful I was still able to learn. Since not everyone has access to the internet and a computer, I was grateful to be one of the people who did. Additionally, I am also thankful

that people have found a way for me to both learn and stay safe. I'm also thankful that I got the chance to learn how to use electronics and high-tech things that help me get things done faster and more efficiently.

Overall, I am thankful that this pandemic has enabled me to learn in different ways and scenarios. I think that being quarantined at home and having a limited amount of resources available helped me learn how to adapt. This pandemic gave me many benefits that will be useful for me in the future, and also showed taught me to be grateful. Before this pandemic, I did not know a lot about technology and found it a bit difficult to adapt to new situations deftly, but now I am smarter and wiser. Even though this past year has been difficult I am proud to be part of this historical event, and hope to learn from this pandemic.