

Augustė Glumbakaitė

Reflective review

The year 2020 is marked in everyone's memory. It marked a new chapter in history defined by the shadow of diseases. In 2020, the world came to a brief standstill. Quarantine rules tied people to their homes, compelling them to work and study remotely, perform daily tasks in the same environment, with limited opportunities to step outside for fresh air, just to prevent the monotony of staying in the same room every day.

I was no exception. When the COVID-19 pandemic began, I was in the 11th grade. As a physically active person, I participated in the cheerleading team, enjoyed going to the gym and swimming pool. I looked forward to new classes and after-school activities. However, one day, while sitting in chemistry class, a school social worker suddenly came and announced an unexpected "vacation" for two weeks, promising an improvement in the current situation. Those two weeks eventually became a year, altering my mental well-being and physical appearance.

The entire quarantine period had a profound impact on my physical health. All my hobbies involved sitting, resulting in negligible physical activity. A typical day consisted of waking up just before classes, sitting at my desk for 45 minutes. After each class, during longer breaks, I would find time to wash my face and grab a snack. Depending on the day and my emotions, I would change out of my pajamas into more decent clothes. After classes, I delved into my homework, often neglecting the fact that I hadn't eaten all day. Even when I did eat after finishing my homework, my low physical activity meant I didn't always feel hunger. My focus was always on grades, studies, and hobbies like reading books and learning about different countries. That's how I lost 10 kilograms in a year during the quarantine period.

Unfortunately, my weight-related stress did not end with the pandemic. Following that, I experienced a series of indirect bullying from friends and family. To this day, I continue to receive comments like, "Wow, you're so skinny, go grab something to eat!" or "Are you on a diet?" The pandemic not only affected my physical health but also had a significant impact on my mental well-being. The extended period of isolation made me realize how often we rush

through life, doing numerous things all at once, instead of pausing to appreciate what we have.

Dieser Artikel ist veröffentlicht im Projektband:

Ulrike Kurth (ed.), *Overcoming Social Distancing*, Bielefeld 2024, S. 109f.



Overcoming Social Distancing by Ulrike Kurth (ed.) is marked with CC0 1.0 Universal.

To view a copy of this license, visit <https://creativecommons.org/publicdomain/zero/1.0/>

This work is licensed under Creative Commons Attribution 1.0 Universal which means that the text may be used, provided credit is given to the author. For details go to

<https://creativecommons.org/publicdomain/zero/1.0/>