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COVID-19 Personal Reflection

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The start of 2020 has proven to be unlike any other time in history. Seemingly, out of the blue we were being asked to stay at home, avoid our loved ones, and simply *stop* the lives we'd had previously and known so well. The small mundane things we'd done before like grocery shopping or stopping at Dunkin' for a coffee were all of a sudden off limits.

My husband and I are able to work from home during this time. Prior to Connecticut shutting down all non-essential businesses, I often worked from home during the week. So, while I assumed that gave me an advantage to this whole quarantine thing, I was wrong. On a "normal" day, I had child care in the form of a Mary Poppins-esque nanny who came in played happily with my son all day. Now, my son wants me to be his patient at the Dr. Silas* clinic, race him at Thunder Hollow and build a marble run worthy of the Guinness Book of World Records, all while taking conference calls, answering emails, and basically doing my everyday job. Just when I thought I had it under control and locked my office door, I must have failed to close the door all the way, and my son walked into a conference call naked. Thankfully, we're all on the same boat right now.

My son is currently three and both his "why" phase and decision to climb random things have been conveniently timed to take place during this quarantine. The Internet wants you to believe that this is a beautiful time to bond with your children and teach them skills that will get them into Harvard early. However, the reality is, we're all trying to convince our kids to eat yet another healthy meal from the food we have in the pantry and to play safely enough to not have to visit the doctor or emergency room.

Of course, there are lots of positives about staying home with family. We've gotten to see each other more. We eat dinner tonight every night (and breakfast and lunch). We have been able to spend time at home, which we often complain we don't do enough. We have learned to be more flexible in our grocery selections and to be more mindful of where our food is sourced. I have found that the idyllic life that I've always wanted to live, the one that existed in my head only, is easier to live without all of the distractions of rushing around and having to deal with the pressures of the outside world. My son and I planted seeds for our garden. We have been using local farms and shops for our food and gifts. We are now composting. These are small changes I've always wanted to make, and now, more than ever seemed like the right time.

When we look back on this time in years to come, I hope that we will remember not how we were scared or sometimes angry. I hope that we remember that we came together as a country and as people. We found what was important in our lives and helped the Earth, and each other heal, in every way.

* Bonnie's son is named Silas