

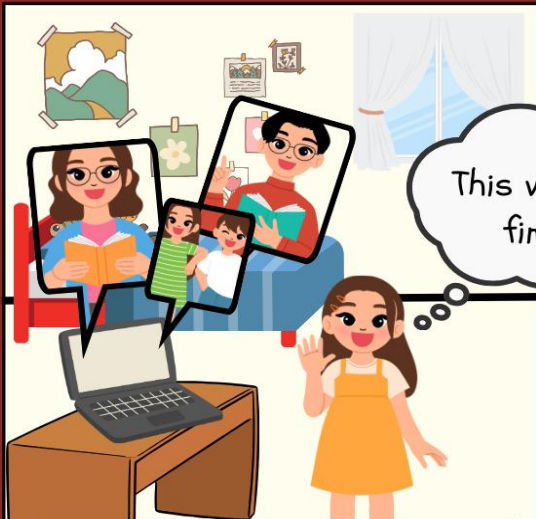


It was halfway through my 7th-grade year of middle school, and I had finally adjusted to the new environment and classes for the year. I had all my friends to keep me company, my teachers to ask questions, and I talked with every staff member at the school.

LATER THAT YEAR..



But then, something happened: my mom got a phone call that my school had shut down because of a virus, COVID-19!



So, for the rest of my 7th and 8th grade year, I had to go to school online! I had to stay home to keep myself safe from getting COVID. What could happen?

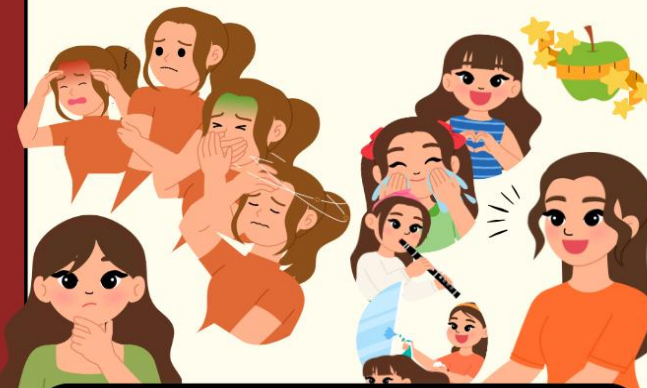


A lot happened.. My emotions spiraled out of control, making me feel frustrated, scared, and upset about everything. I wasn't able to eat right, clean my room, or do school work. The more I got upset, my emotions kept going out of control.



I felt isolated and alone. I missed school, my friends, and my teachers. I couldn't stop feeling this way, and I kept it to myself.

DURING 8TH GRADE YEAR...



As time passed by, I was able to talk with my mom about what was wrong. I told her about my situation, and she told me that I should make a plan/schedule to keep me active so I wouldn't be stuck in my thoughts again.

PLAN #1

STEP 1.

STEP 2.

STEP 3.

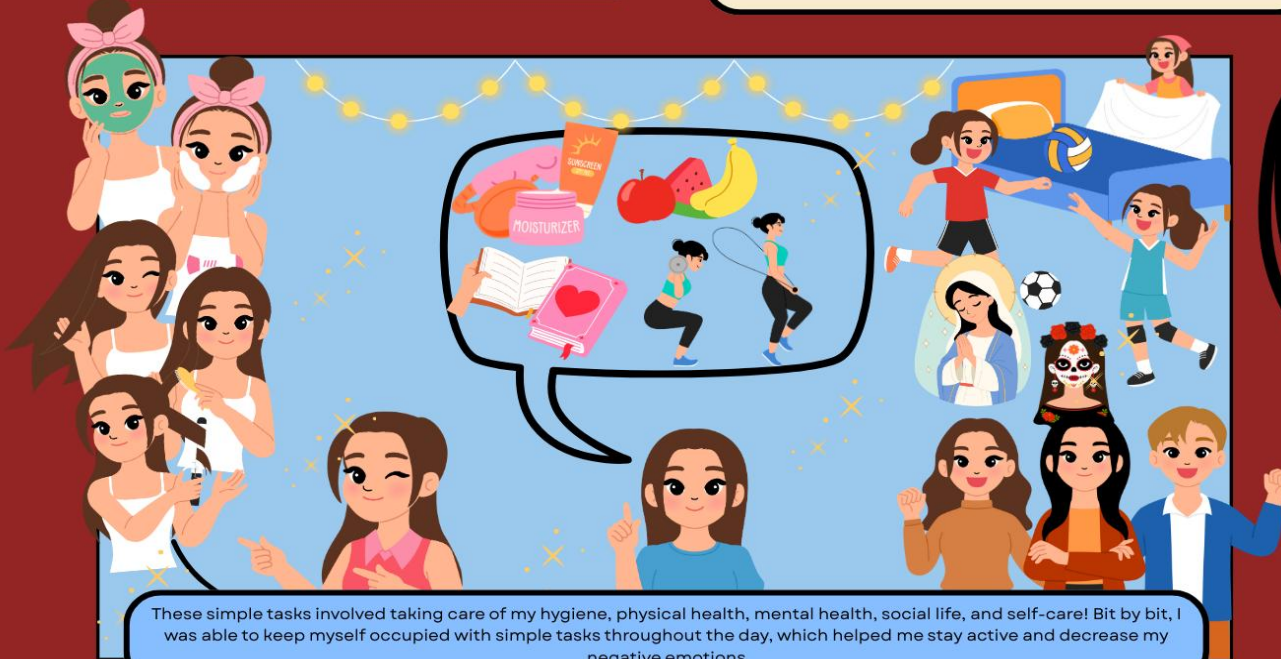
STEP 4.

STEP 5.

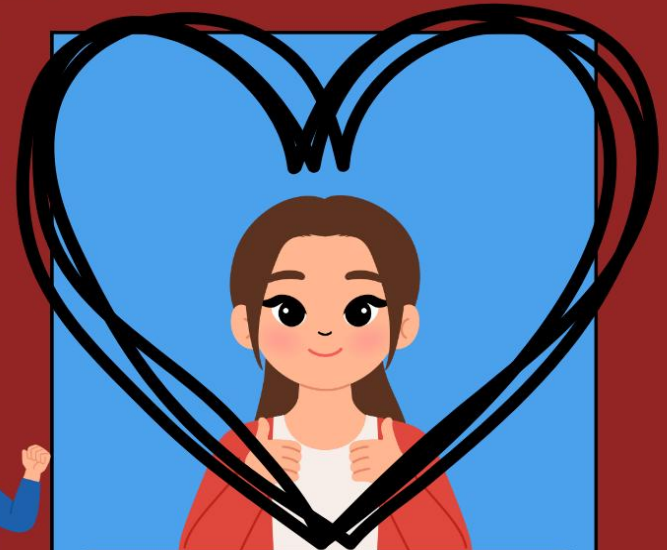
STEP 6.



I listened to my mom and created a schedule that I will follow as it will become a daily routine. I started with simple steps that involve simple tasks.



These simple tasks involved taking care of my hygiene, physical health, mental health, social life, and self-care! Bit by bit, I was able to keep myself occupied with simple tasks throughout the day, which helped me stay active and decrease my negative emotions



Those emotions will still be a part of me, but I was able to control my negative thoughts and push through to the fullest! Planning and creating a schedule for the day has helped me gain self-control of my health, and I still use it to this day!