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4-26-2020

Positives and Negatives: A Mom's Experience in Quarantine

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Recommended Citation

Anonymous Mother, "Positives and Negatives: A Mom's Experience in Quarantine" (2020). *Covid-19 Archive: Documents*. 63.

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Mother

April 26th, 2020

Question: "Please explain how the COVID-19 pandemic has impacted your family in terms of family dynamics, maybe some new struggles emerged or maybe there are positive things coming out of this?"

Response: "The biggest positive for me because I work full-time, I'm a working mom,...has been the quality time I've been able to spend with my son. Normally, I would not have that time, I would be at work five days a week, always busy. So, being here everyday, for seven days [a week] and getting to spend just such wonderful quality time with my son, for me, has been time that I will never get back. And honestly, for me, [it] has been the biggest silver lining of this whole ordeal. Secondly, I feel in a weird way...more connected to my family, my three sisters. Normally, again, before this happened, everybody is so busy with their lives, hustling and bustling. But because of this, we do Zoom meetings every Saturday. I feel weirdly more connected to my family and my sisters than I think I have in years being that we are not all in the same place. So, those, for me, have been two really cool things that I'll never forget and honestly, I hope when this whole thing is over, I think they are two things that I've actually liked to continue after this thing. Obviously, I will have to go back to work at some point, but I really feel... this has given me a little perspective, inspired me to leave earlier from the office and have more of that quality time with my son than I used to[have] before this...Negative, for me, sadly I'm a worrier. I worry, even before this I have a large anxiety when it comes to the health of myself and my family, so, obviously, being in the pandemic has caused my anxiety levels to skyrocket. It's been very hard to manage at times...I try very hard not to let my son see that kind of anxiety during the day. For me, night times, once I put him to bed, are the worst. I have a lot of bad thoughts that go through my head...Already being a worrier, adding on how scary this is has been very difficult to manage. I've had to kind of come up with new coping mechanisms so to speak...And then, obviously, just not being able to have true connection with anybody else, friends, family, not being able to see anybody, hug anybody. That's been hard as well. So, I think those are my two positives and my biggest two negatives..."