

Emery Jensen

Paragraph 1: March, 2020- August, 2020

At the beginning of the pandemic, I was very worried about everything. I felt alone and I had to create a whole new routine with school and my regular habits. I was worried about my family getting sick and I thought the whole world would just end. However, the pandemic made me really think about myself and things I'd like to change. My best friend helped me a lot through the beginning of the pandemic and I'm forever grateful for her. We would stay up late almost every night and talk about everything. It was nice to know someone was always there for me. I felt like I struggled a lot with mental health throughout the pandemic, but the beginning was the hardest for me. I was stressed and apprehensive.

Paragraph 2: September, 2020-May, 2021

A few months into the pandemic, discrimination started popping up a lot in the news. It made me bitter that people think discrimination is somehow justified or in any way alright. I was scared and I felt powerless when I saw these acts of discrimination happening. Music helped me a lot during this part of the pandemic because it made me hopeful when I felt there was no hope left for the world.

Paragraph 3: June, 2021- September, 2021

When school rolled around, I was very anxious. Even to this day, I'm very nervous. I'm always worried about getting other people sick or accidentally hurting somebody. I felt selfish for wanting to do fun things because I was afraid. Some days, I wish I could just keep my mouth glued shut so I don't have to worry about saying something stupid that might hurt somebody. But being at school has been nice because I'm able to talk with people who can kind of relate to me. I'm hopeful about school next year and being able to see more people and being able to switch classes again. Although, I'm concerned about all of the variations of COVID-19 and that school next year may be delayed by that (like a surge of variant cases).

Song Playlist:

Stand Out Fit In- Cover by Derivakat(P2)- I chose this song covered by Derivakat specifically because I felt like she put a lot of emotion into it because she's experienced discrimination and knows how it feels.

Monday Morning- CG5(P3)- Monday Morning by CG5 is about selfishness (in the case of liking someone, but it still captures the feeling I'm going for) and a lot through the pandemic I felt I was being selfish by doing things for fun.

Under the Weather- Derivakat(P3) - This song was written about COVID and how other people can help you get through the hard parts of your life and I feel like I can relate to that.

Music Box- MALINDA(P2) - *Music Box*, I feel, is about pushing forward and not listening to what other people say about you.

Million Dollar Day- CG5(P3) - *Million Dollar Day* is about waiting for something good to happen or change and I feel like that's what I've been doing since the pandemic started.

Patiently-CG5(P1) - *Patiently* is about being apprehensive about talking about how you truly feel and I can relate to that because throughout the pandemic, I became more introverted and I didn't like talking about my feelings.

Car Radio-Twenty One Pilots(P2) - Before the pandemic began, I didn't really listen to music outside of the car. The pandemic made me realise how easy it is to relate to a song and how it can make me feel better because I know someone out there is feeling the same way I am. *Car Radio* made me think about what my life was like before I didn't really listen to music and how grateful I am to have access to music.

Migraine- Twenty One Pilots(P1)- Migraine has a relatively sad meaning, but the bridge is very hopeful: "And I will say that, "We should take a day to break away
From all the pain our brain has made" The game is not played alone And I will say that, "We should take a moment and hold it And keep it frozen and know that life has a hopeful undertone"