



“A spectrum of Emotion”

It all started out with one word. One word: COVID-19. Little did I know how dramatically this one word was going to not only affect my life, but the lives of everyone across the World.

“The Pandemic”

Pandemonium. Anger. Frustration. Confusion. Hopelessness. How could this happen? Why did this happen? When will it end? Will it ever end? Emotions that were difficult to address and process when COVID-19 was upon us. Such questions that didn't have answers. No treatment in sight.

“The Initial Wave”

Fear. Lockdown. Stay-at-home orders. DEATH. As healthcare workers, our role in the workplace dramatically changed. We had fear, a lot of fear, but it was our duty to provide the care that was necessary for the community. We were in a lockdown, but rather than a lock-down at home, it felt as if we were locked-down in the hospital. Sleepless nights, longer more stressful work hours, and experiencing death on a daily basis began to take it's toll.

The “Second Wave”

After a short period of declining cases, around the time vaccine trials were taking place, COVID-19 inevitably roared back with a vengeance. New daily cases and death tolls were being surpassed each and every day. We knew the vaccine trials were showing promise, but when were they going to be approved and how do we get the help we need.

“Vaccine Rollout”

SIGN ME UP! Moderna. Pfizer. Johnson&Johnson. Three companies at the forefront of the science and ingenuity behind newly manufactured vaccines. When it was announced that we had a vaccine, the entire World sensed relief. Restrictions were being lifted. Cases numbers were down. The general population was now getting vaccinated. The mood around the disease had completely shifted.

“Hope.”

The one word we have all used more over the past year than ever before. Hope that there will be an end to this deadly disease. Hope that the vaccine will help control the spread of this disease. Hope that we can live our lives the way we used to. With declining cases and continued rollout of vaccines, there is light at the end of the tunnel. There is now hope that we can put end to this life-changing pandemic.

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