

Journal

Each day can be challenging in many ways. Sometimes, I wake up and I still have trouble processing how things and routines changed so quickly. Some days I wake up full of energy, ready to tackle whatever comes my way. Other days, I wake up sad and worried about my immune compromised kid's health. It's hard to really understand what is going on. Sometimes the news gets me more worried and anxious and I need to shut them off so I don't feel worse. I miss the babies I was working with every day. Getting used to working from home and staying on top of things remotely while also taking care of and helping my own children is difficult. But I'm also feeling very grateful that we all have our health and that my employer is doing what they can to keep us safe. I'm glad I get to continue having a job for now in the middle of all this chaos. I'm glad I have coworkers that check on me and continue to communicate with me even if it's not in person. I miss seeing and talking to them in person. I miss laughing with them and celebrating accomplishments together.

I know this will pass and I try to stay mentally strong. Every day can be a challenge but I make my list of things I need to get done and I try to be patient and enjoy my family as much as I can.

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