

How lockdown has affected me

Tanisha's story

Tanisha is in her final year of vet school but the coronavirus pandemic and being in lockdown has meant sitting exams at home and not being able to celebrate her graduation with friends. She talks about how being isolated has affected her mental and physical health and how she fears for her future.

"I am currently in my final year of vet school, so I have been on clinical rotations since August 2019 and when the situation with coronavirus escalated, I had just started my penultimate rotation. When news first broke that our rotations had been cancelled, I cried a little because all of a sudden everything was so uncertain and any plans I had went out the window. However, virtual rotations have been a lot more relaxed and working from home hasn't been all that bad. It is certainly a lot less stressful than if I'd been working in a hospital environment. It's sad that my last ever university exams will be sat at home by myself, as opposed to being surrounded by my friends and celebrating the last 5 years of hardship. It is a very anticlimactic end and completely different to what I expected but the celebrations will just have to be delayed for now.



I have struggled socially and especially when trying to cope with boredom. Although, in this day and age there are so many social media platforms and video call options to keep in touch with friends which has been a life saver.

I feel that this situation has encouraged everyone to make more of an effort to catch up with people and check up on one another. It has been bizarre only being able to be within 2-metres of a handful of people and everyone else you must interact with over a screen. I have been lucky enough to be able to isolate with my boyfriend for nearly a month now so unlike most people I have been able to have some form of social interaction.

I have a good routine thanks to having virtual learning Monday to Friday so I can carry on with a semi-normal working week. When I don't have seminars or case-based discussions, I am trying to do as much as possible to keep myself busy, by working out, going for walks, cooking, catching up with friends over FaceTime and revising.

I've been fine so far as I've had lots to keep me busy. However, it is starting to dawn on me that after my final university exam I will have absolutely nothing to do and that worries me.

I had planned to look for a job over the Easter holidays but there are hardly any jobs being advertised and even if there were I wouldn't be able to go and meet the team face to face or visit the practice. Therefore, job-hunting has been put on the back burner. Physically I'm in great condition as I've never had so much time to focus on fitness and dedicate time to workouts or a long run and I think this has

definitely helped my mental health as well. It has given me the opportunity to prioritise my mental and physical health but there are just so many unknowns and not knowing when life might have a hint of normalcy again is the worst.”

Visit our website for information on health and social care services in Surrey. We currently have a dedicated [‘coronavirus help and support’](#) page which lists local services, and voluntary and community groups that are providing support to people in Surrey.