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2/23/23

ENG 21001

Narrative Essay

It's a nice and warm afternoon in mid-May 2020, as covid is still rising and causing risks to the world. The beautiful weather of the clear blue sky without any clouds, warm winds blowing in, and all the people outside. It's a perfect day walk through Pelham Bay Park with the green leaves starting to grow in, the weather starting to become nicer again. But I was walking through the trails of Pelham Bay Park, absorbing the nature around me, trees, bushes, much more. Nearly everything around me was all full of green since this is the type of hiking trail I live by, the nature around me gives me the chillness and helps to clear out my mind especially with the virus spreading like crazy. Since I live close to the trail it's like I can almost go there for a walk literally everyday.

I consider this afternoon walks one of the things I do if my minds not in the right headspace because I could be in the house feeling overwhelmed with either college, or something going on outside of college so I would take that advantage for myself so I can clear out my mindset or what I have happening at the moment. As the afternoon was passing through the sun was starting to set, making an appearance of the beautiful sunset across the buildings as I sat on the bleachers watching the beautiful sunset while meditating admiring the nature around me. I take advantage of these afternoon walks, as much time as I could to admire the nature around me as I wind down all the stress from whatever I had going on whether it's at home, school etc. etc. I mainly use these types of walks after school since usually after when I did all

my assignments and have nothing else to do so I won't have to worry about coming back to them when I get back inside.

Before going out, I wouldn't feel relaxed, meditated, and more due to the fact that I would feel overwhelmed with so much with the covid pandemic situation right now. I would always make sure I would stay home feeling safe and sound, but at the same time I want to gain some fresh air outside so I wouldn't feel trapped indoors 24/7 feeling depressed, overwhelmed, or stressed. I sometimes would get a feeling that if I stepped out I'd probably catch the virus and spread it to other people around me, I felt cautious about stepping out before doing any other actions. My solution for this is to always bring a mask with me at all times whenever I step out, this rule was said according to the government on the news, the masks are mandatory in order to prevent anyone from catching the virus. So I stepped out for the first time in 2 months since the shutdown, I noticed one small issue as I was going out, there was a huge gathering of people in the park which was kind of an issue for me since this situation was a big deal for me as I was trying to avoid any type of close contact, but there was a nature trail right next to the park which was interesting for me to discover so I decided to continue my journey from there on.

As I continued my journey in the trails I looked around me and so a bunch of trees, bushes, plants, and other interesting things. From my understanding this trail was called Siwanoy trail which was named after the Native American Siwanoy who inhabited the island along the coastlines of Long Island Sound, Eastchester Bay and Pelham Bay Park, between Connecticut and the southern Bronx. Throughout the walk I start to come across the big lake with the view of Long Island, a bridge, and much more. I stood there beside the big lake to see the amazing view that I came across. I couldn't see a much better view than I could've ever wanted, there were big rocks to walk on, a beach outside the trail, and hearing the water waves calmly matter.

It would never be the same, if I moved out of the area I'm currently living in because it would be too much for me, and plus I wouldn't get the same experience as of right now. For days at a time, I would take a nice walk or hike to kind of reward myself after a long day of work or perhaps go out whenever the weather feels warm, just to kill some time outdoors enjoying the nice warm wind breeze. This would allow me to wind down my stress level because I would always overwhelm myself making the days harder than what it already is, sometimes it would be good to enjoy the nature hike and enjoy the outside world, if it wasn't for this virus outbreak then I probably won't be able to take these types of walks at all because it would be a completely different year if covid wasn't a thing. And I wouldn't feel as overwhelmed compared to the pre-pandemic years.

If I were to imagine myself not taking any walks during the pandemic outbreak, I would feel overwhelmed because I haven't been taking some time away from work and/or school and I would be able to experience the nature walk near my area. Even in my head, I would have thought that "there's always something to do if there's nothing to do indoors" this would be because there wasn't really anything major to do during the pandemic since a lot of places were forced to close down. That was at the time where life was becoming a pain since so many workplaces and schools were at home, which was more stressful than actual school because there were so many distractions at home, loud siblings, and limited support from teachers.