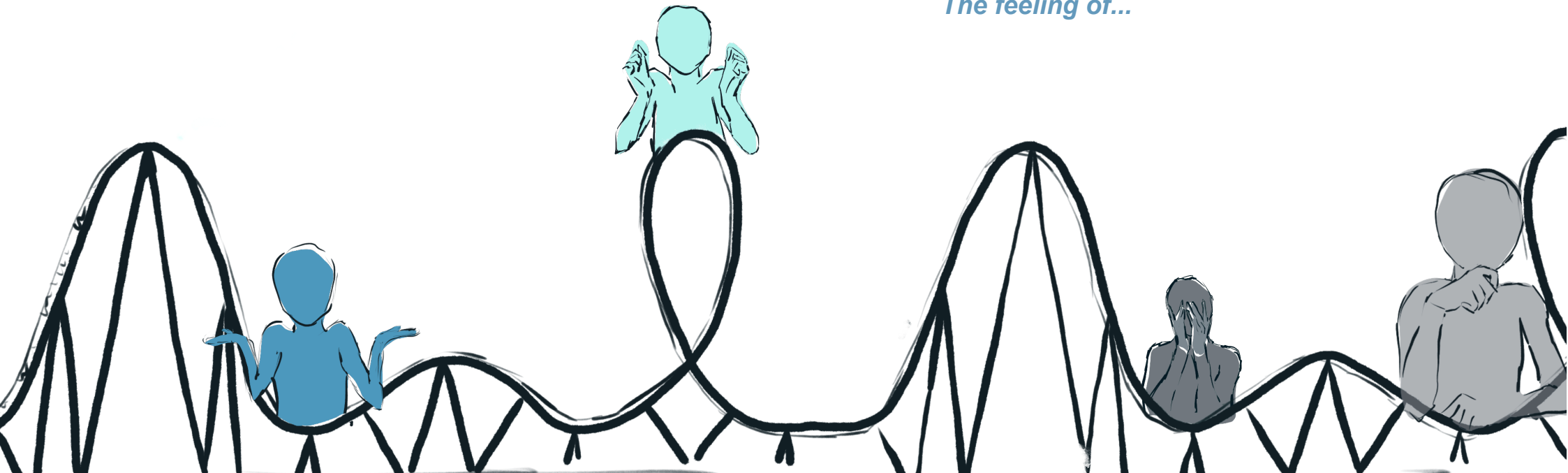
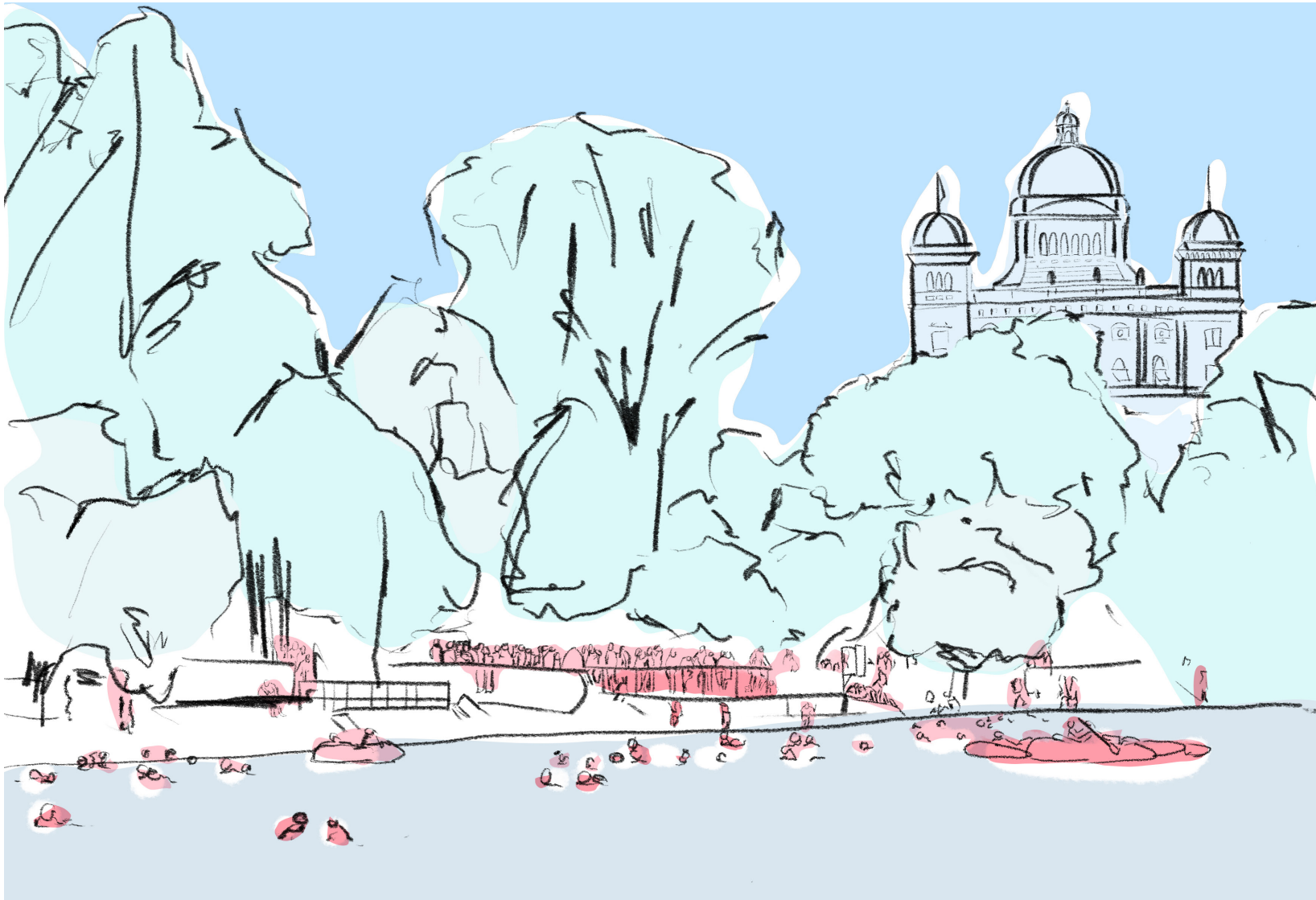


EMOTIONAL ROLLER COASTER RIDE

If you don't want to relive the emotions you felt during the Corona crisis, I would tell you from reading this report. In this report I take you on my personal emotional rollercoaster ride during this special time. I report from my subjective perception, just as I perceived the emotions from the people around me.

The feeling of...





The world seems to be all right. What else could it be? Free and clear. Everyday life takes its course and we walk along the streets, ignorant and naive.

The feeling of cluelessness



Slowly but surely the excitement comes. In the news, one reads mainly just one word in all possible versions and variations, but the feeling always remains the same when reading it.

There is an active emotional chaos but the speculations make one thing above all and that is curiosity. What will be coming up to us? It seems like a short break from everyday life and secretly hopes for a little adventure...

The feeling of excitement





With the seriousness also the fear and panic of the people increases. Uncertain how serious the situation is and how exactly to behave, one goes through the day. Constantly on the lookout for new news and push notifications. As if every moment is the last step we are allowed to take.

The feeling of panic

A coughing person on the train is suddenly looked at as if he had committed a serious crime. Even the slightest clearing of the throat makes you the centre of attention. These looks are evil and contemptuous. Behind these evil looks is fear. Fear that has planted in our minds. Fear that no one knows how to handle properly, because we have never been exposed to this fear in this way before.

The feeling of disregard and fear





A new rhythm has been established. Washing hands and disinfecting, keeping distance, people who give you a wide berth, mask-wearing people, overcrowded cardboard containers and above all any platforms for exchange, ... it has become sober normality.

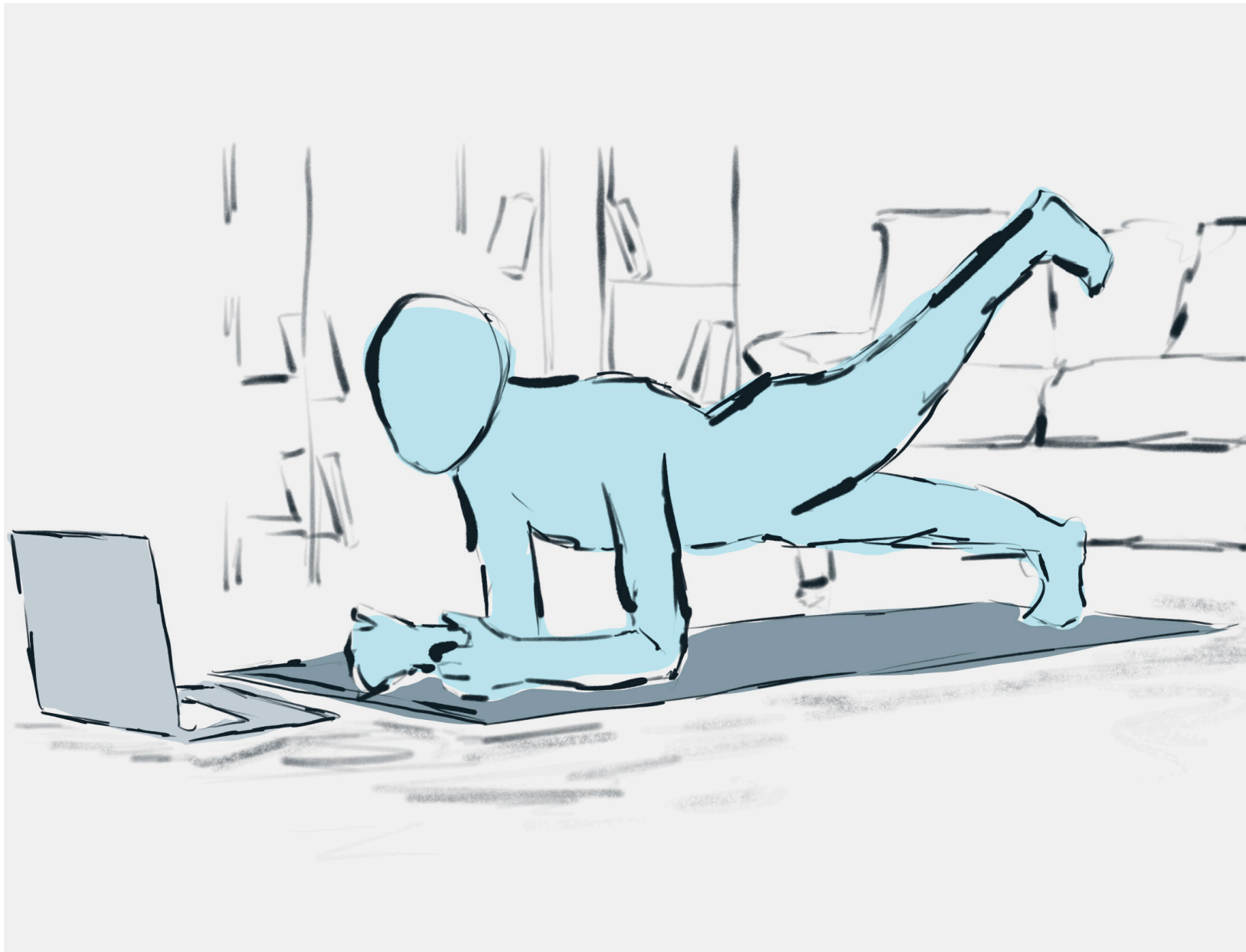
The feeling of a new rhythm





The frustration slowly makes itself felt and one thinks of the holidays one has been looking forward to for half a year. Now I would lie on the beach in Spain, sunbathing and enjoying myself. The feeling of wanderlust becomes noticeable, only now you realize how important this need really is to you.

The feeling of frustration



Emotionally at the bottom, there is finally some support from outside. Offers have been adapted - you feel a little more energy again and use it to try new things, such as virtual yoga. The motivation rises again and you pick yourself up again with great confidence.

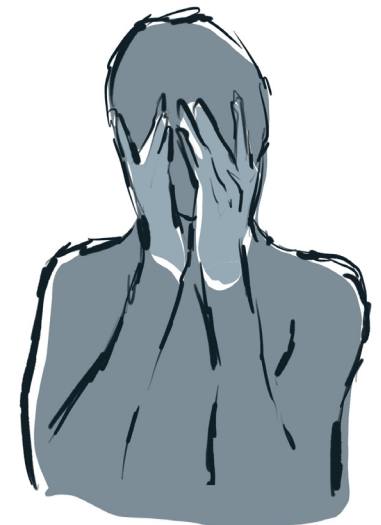
The feeling of pulling yourself together



A new rut that's taking root.
Day in, day out...always
the same. Patterns emerge
that you don't even know
from your weakest days.
The rhythm starts going
crazy and you let yourself
go more and more.

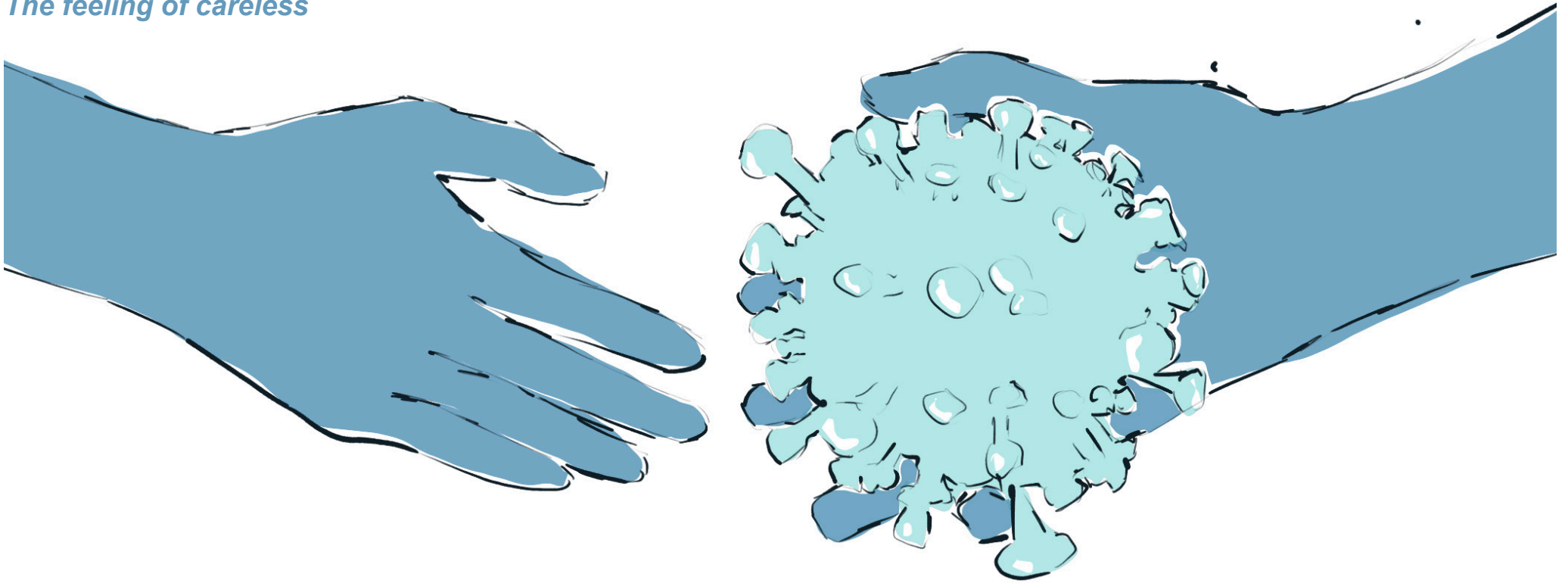
You feel sorry for yourself
and so you allow yourself
one or two hours more
sleep than usual. Some-
how you have the feeling
that you have to do some-
thing good for yourself all
the time, because other-
wise you have to do with-
out so much. But this tactic
backfires the longer the
more.

The feeling of idleness



Slowly one is tired of following all measures, because the dangers are no longer directly visible. Therefore, one starts to become careless, to wash one's hands less often and maybe even meets a friend. The indifference catches up with you more and more.

The feeling of careless





Loosening up is spoken and the caution that has persisted up to now has vanished into thin air. A little longer and... no, actually, you don't want to think about it. Full of enthusiasm one gets back to the old normality.

But the feelings, be it the joy, the sadness, that you go through life with, are not the same anymore. They have been changed, even if only temporarily. Caution and a fear of perceiving a new kind of danger guide you.

The feeling of relief

