A watercolor illustration featuring a large, expressive hand in shades of orange and yellow, reaching from the left side of the frame. The hand is gently holding the face of a person whose head is tilted back. The person's face is rendered in soft, warm tones of orange and pink, with their eyes closed in a peaceful expression. The background is a mix of light green and yellow washes, creating a calm and ethereal atmosphere. The overall style is soft and painterly, with visible brushstrokes and a gentle color palette.

# The Corona-Therapy

A report about a therapist who learned to  
therapy herself.

A project for the Sketchcity by Anja W.





Jacqueline is a 50 year old woman who works as a medical massage therapist. She has been doing her profession for 22 years and still loves it. For her, massage is not only work, it's also a passion. She likes to be there for other people and helps them with their problems.



But she is not only a therapist, she also gives sports classes.

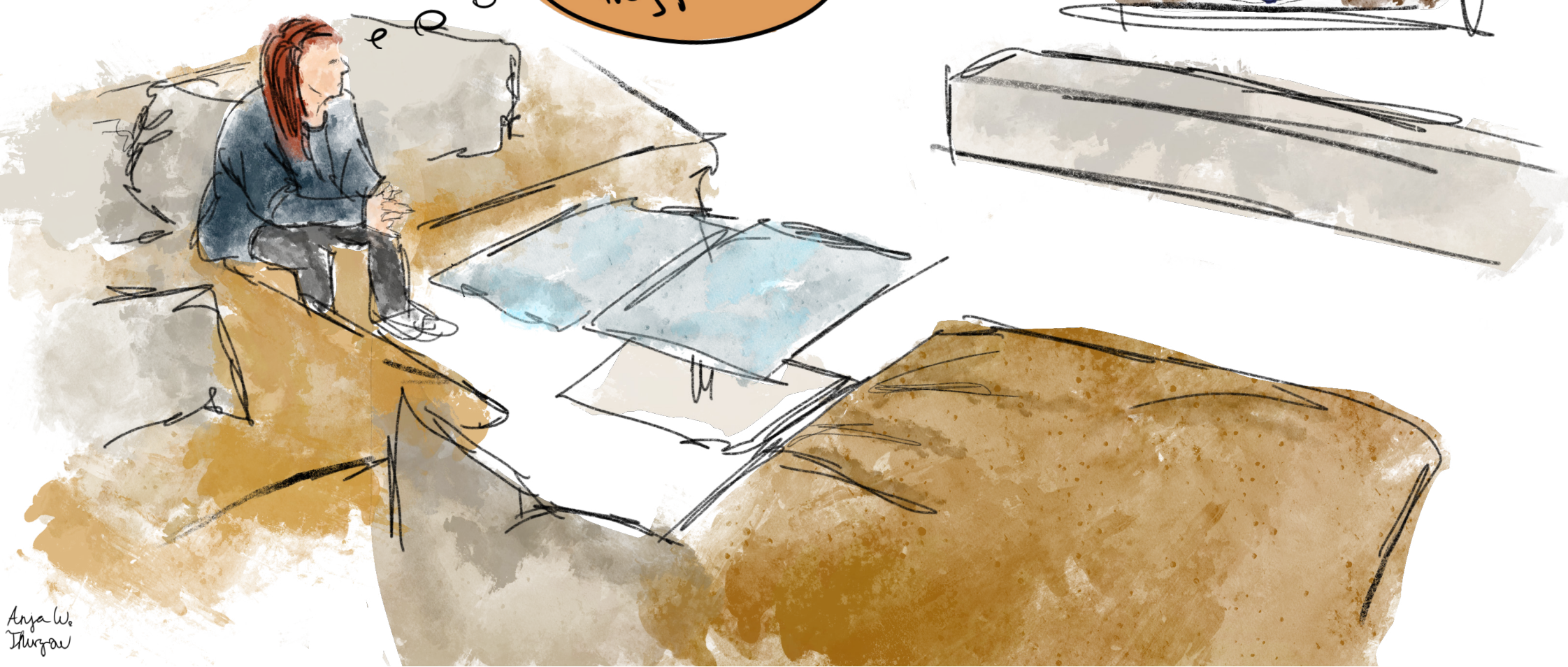
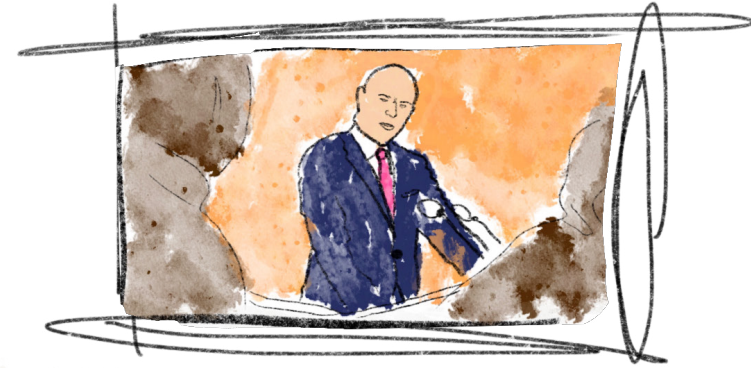


Anya W.  
Thurgau



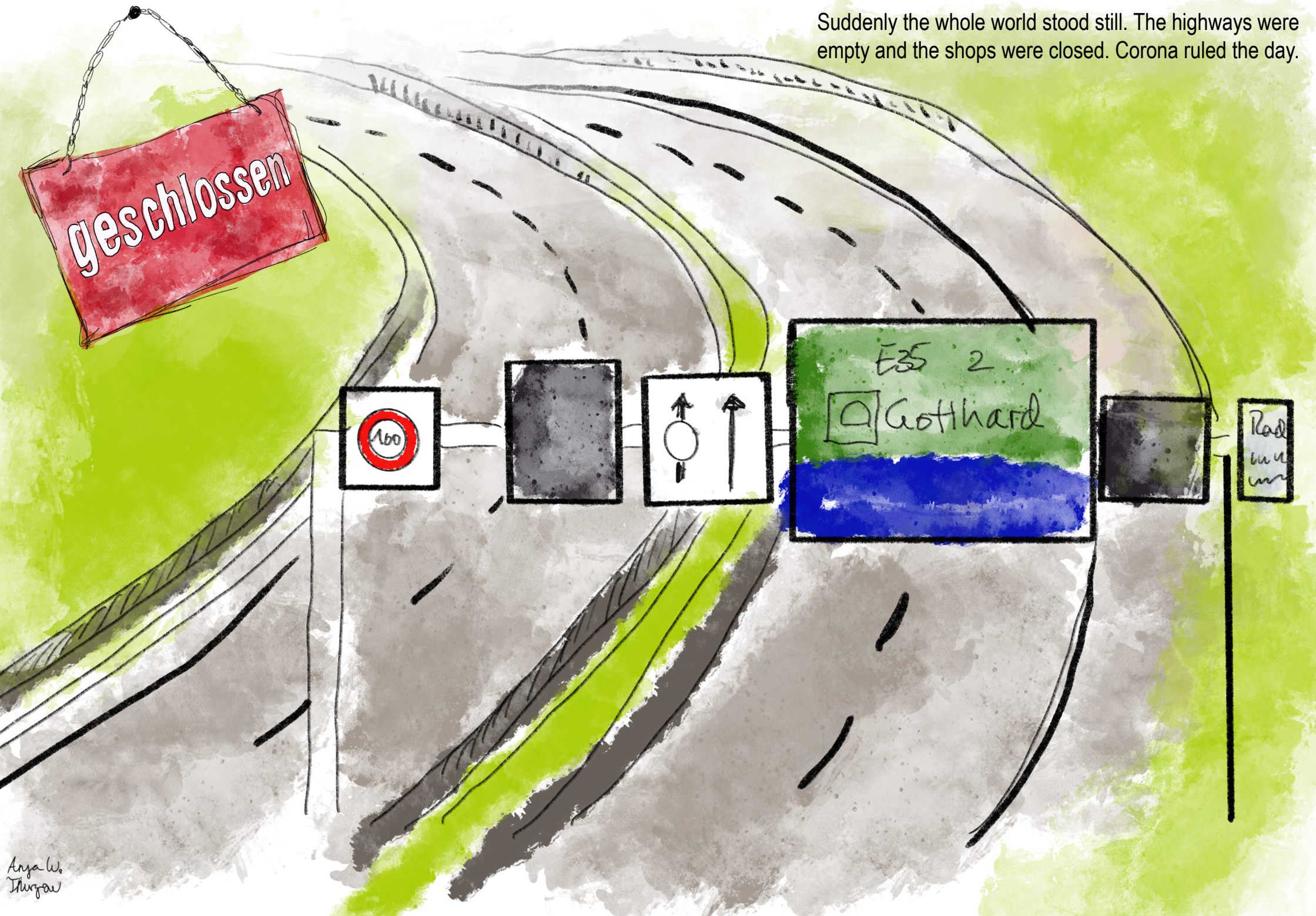
So it was very bad for her when the government decided that all shops had to close because of Corona. She couldn't really realize it at first.

What did  
they just say...?

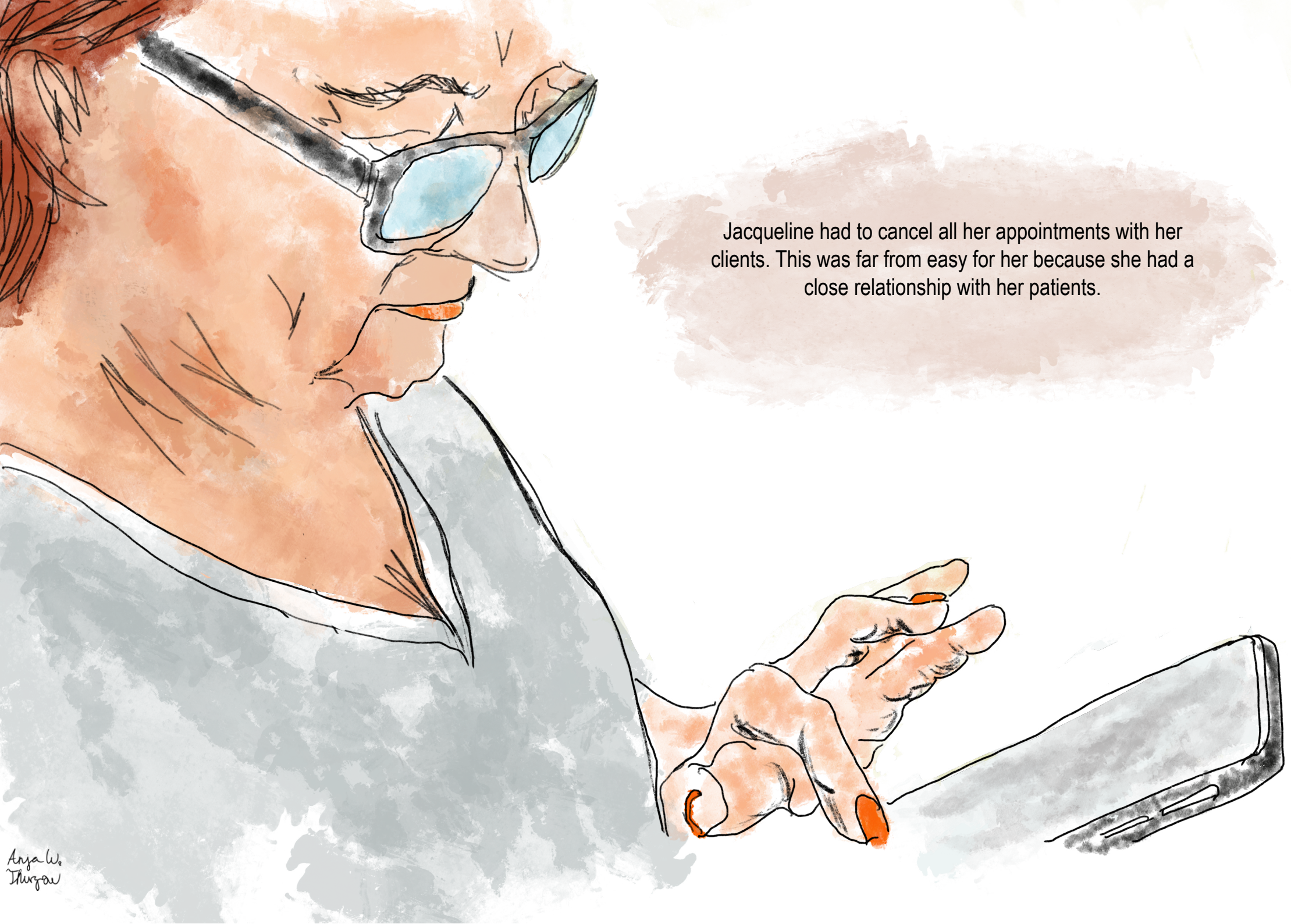




Suddenly the whole world stood still. The highways were empty and the shops were closed. Corona ruled the day.







Jacqueline had to cancel all her appointments with her clients. This was far from easy for her because she had a close relationship with her patients.



So now she was at home and had to think about her business and the patients all the time. How is that supposed to go on? What should she do if the lockdown lasts longer and she can no longer open her business? Where will the money for the family come from then?



So many questions and no answers. She felt terrible and uncomfortable. Jacqueline was very worried.





Please can  
you just stop?



Then there were the arguments with her husband. They weren't used to being stuck with each other 24 hours a day. That's why there was always friction. Jacqueline was tired of the lockdown.

Anya W.  
Thurgau



But then the weather got better and she realized that she probably never had as much time for herself as now. So she decided to take advantage of it.



Anya W.  
Thurgau



She started to exercise again and felt better in her body.



The sun did her good and she spent much time outside in the garden. She had a lot of time to think about herself and her career and decided to start a new education after Corona. For this she ordered books online and read about the topic. Suddenly she saw the positive sides of Corona. It helped her to start a new phase in her life.



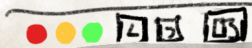
Anja W.  
Thurau



With this newly gained energy she thought about her patients and how she could help them despite distance. She decided to give her sports classes online and to offer online consultation appointments if anyone needs her help.





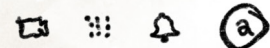


youtube.com

X Youtube



TR



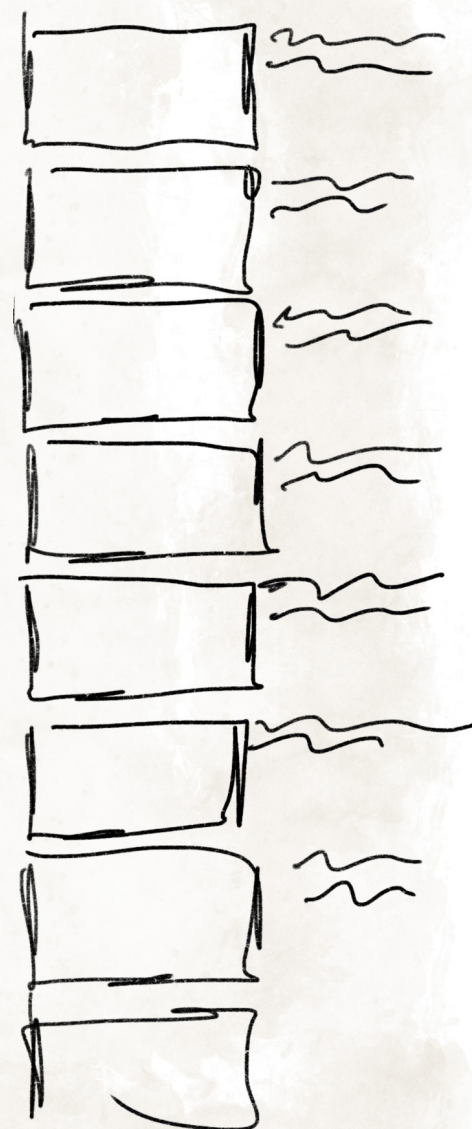
3:01 / 37:46



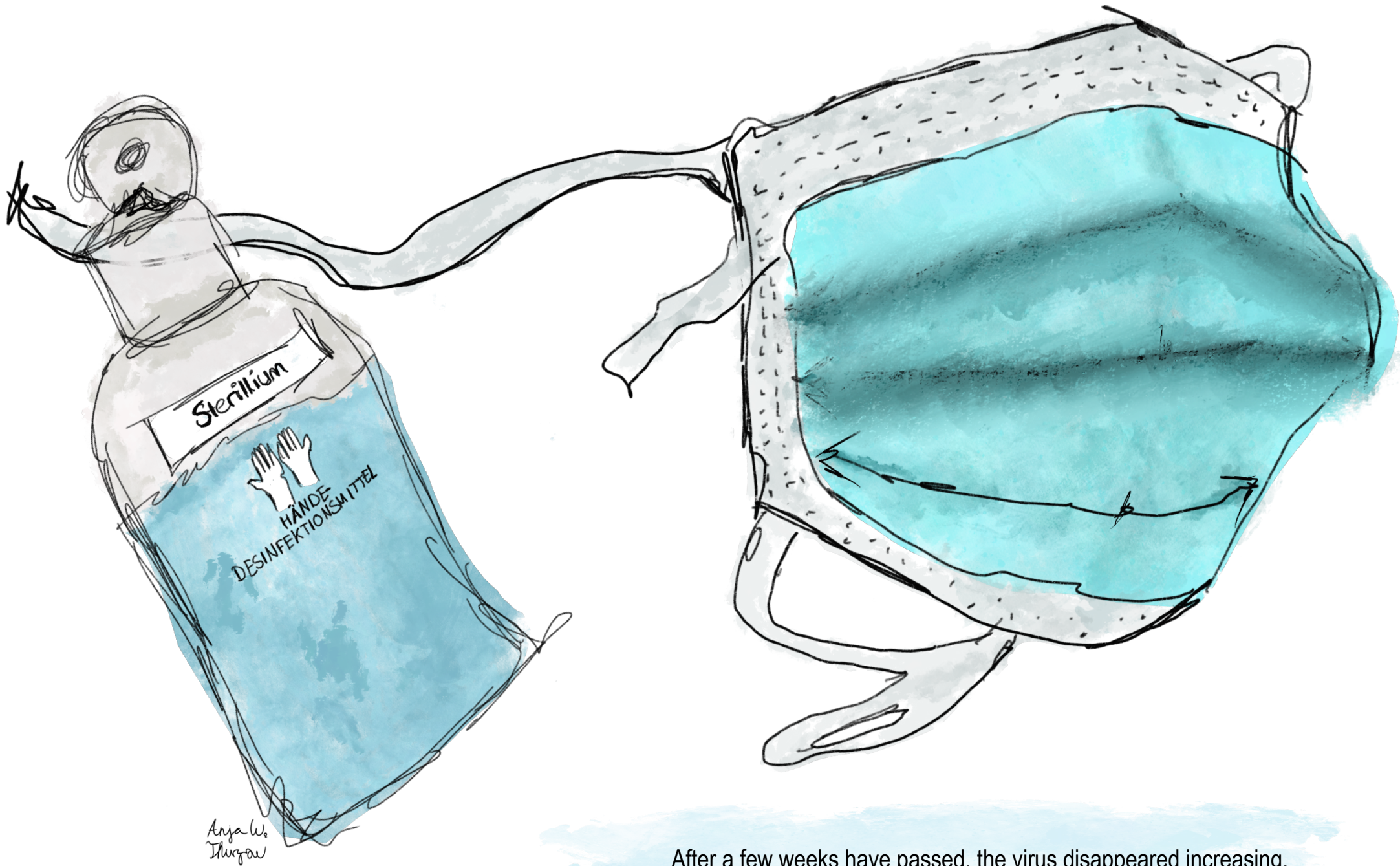
Turnen mit Jacqueline

ANALYSEN VIDEO BEARBEITEN

10 0 TEILEN SPEICHERN ...







After a few weeks have passed, the virus disappeared increasing.  
The government decided to reopen the shops.



However, there were security measures  
that had to be followed.



Anya W.  
Thurman



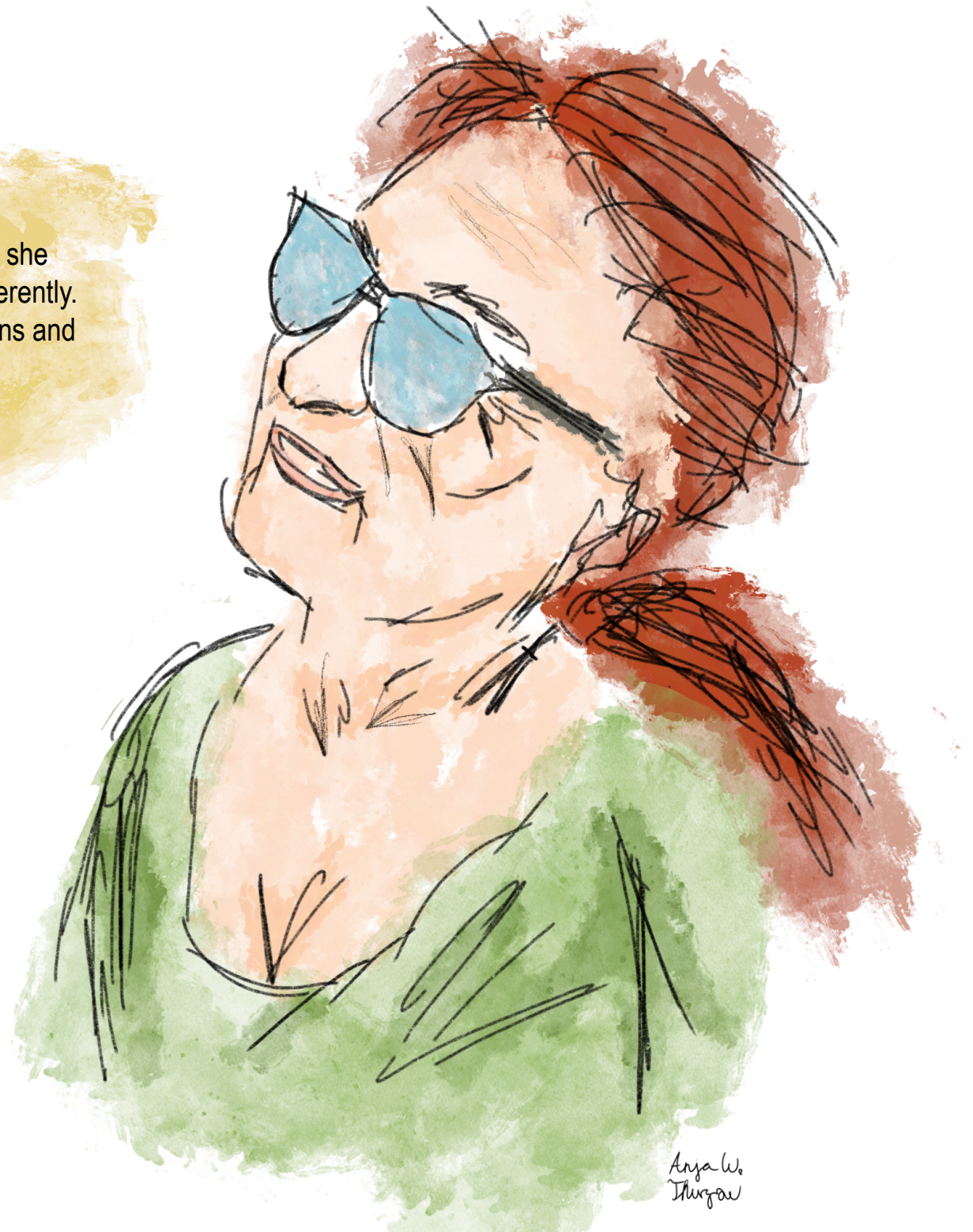


Now Jacqueline is allowed to work again. She has to wear a mask, but she likes to do so if she can guarantee safety for her patients. To be able to help her patients personally again, fills her with satisfaction.





For Jacqueline the Corona time was not easy. But she learned to deal with herself and her environment differently. Corona gave her time to work on herself and her plans and she was grateful for that.



Anya W.  
Thurgau