

How quarantining at BMC makes me feel

9/5, 11:10 am, Saturday

I've been ultra quarantining at BMC since I arrived here on August 26th. I am bored out of my mind. Time feels distorted. The days feel exactly the same. I feel disconnected from my feelings. I feel emotionless, pretty good, neutral, overwhelmed, excited, in despair all at the same time. I have been having only one in person interaction every other day or every day. I am starved for human contact and connection. I talk to my mom on the phone almost every day but that's no replacement for in person interactions. I miss seeing people's facial expressions - with their whole faces not just the top half (since the bottom half is masked). Yet not seeing half of their face and knowing they can't see half of my face takes some pressure off of me, since I guess I feel a little uncomfortable seeing and having to express so much emotion. I just don't know how to react when people's facial expressions change. (I am on the autism spectrum). I can usually ignore this feeling and interact with people anyway but I've had a lot of time to think and get very granular with my feelings to some extent.

Oh, to have a long, deep, in person conversation unencumbered by masks, zoom or other covid things!

Everything feels weird. One of my favorite places to eat in the Bryn Mawr area (Bryn + Dane's) closed down because of covid. I need to take my medication.