



Jennifer

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How did the quarantine put you outside your comfort zone?

I'm a rigid planner—it totally turned my world upside down. With a busy lifestyle of working full-time, raising a teenager, maintaining a family life, and attending college, each week had a schedule that was pre-planned. To squeeze everything in, there was no choice but to follow lists and check the boxes (literally!) When COVID hit, all those plans were uprooted.

What was your greatest challenge during lockdown?

Adjusting to a “go-with-the-flow” type of lifestyle. I couldn't plan ahead because everything was up in the air.

How did you cope with and overcome that challenge?

Lots and lots of Wite Out! And, communication with those around me was key. The support of my family, my friends and Deeley made the ‘new norm’ of life much easier. Everyone was in the same boat, which made me realize that even without plans, we'd make it through just fine if we stayed focused on the things that mattered most and kept a positive outlook.

When faced with the uncertainty of quarantine, where did you SHINE?

Adapting. Work changed, school changed, sports changed—everything was different, very quickly. There was no choice but to adapt to what was happening in the world around us. I'm thankful that I could push through it and use my experiences to help others through it. When faced with remote school, helping my daughter transition to the online world was easy, and that was due to my experiences with online learning in college.

What have you learned about yourself from your quarantine experience?

That I'm more patient than I thought I was. When your norm turns into chaos, it's easy to become overwhelmed and frustrated. I was able to step back, look at the situation and make choices that have helped me grow, both personally and professionally.



Do you have a plan for if there's a second wave of COVID-19?

Shockingly, no! Weird for a planner to say, right? Well, I've learned that you can only control certain aspects of life and a pandemic is not one of them. All we can do is be prepared the best we can, pivot when needed, and take it a day at a time.

Anything else you'd like to share about your 2020 experience so far?

2020 has been challenging, but has also taught many life-changing lessons—lessons that I wouldn't have learned if I didn't go through these experiences.