



NEWS

## Feel like you've aged a decade in 2020? The stress of COVID-19 may actually be adding extra years to your birth age

By [Joanna Chiu](#) Vancouver Bureau

Thursday, November 12, 2020

Taking care of an infant while juggling work as a freelance writer would be stressful enough in a normal year. Add in the additional stress of the [COVID-19 pandemic](#), and 39-year-old Ayano Hodouchi Dempsey feels much older.

"I feel old physically — backaches and stuff. And by the time my baby is in bed at 7:30 pm, I feel ready to go to bed myself!" she said.

Although Dempsey feels lucky to live in northwestern Ontario, where cases are