

# How the pandemic has changed us...

Do you ever ask yourself how you've changed during quarantine? Or why you've been feeling more anxious or depressed? My article talks a bit more in-depth on how corona has affected our lives and a few ways to make yourself feel better!

**Trigger / content warning: death mention, Coronavirus mention (Feel free to skip over this article if you're uncomfortable with these.)**



Covid-19 has got us in quarantine since last year March and ever since then more and more teens have started to feel more anxious, depressed and even paranoid. Why is that so?

Well, isolation is detrimental to our mental health, humans in general are very social beings and losing that social contact we have with our friends can be incredibly damaging. Even if you're an introvert you still most likely have close friends you care about and miss. Isolation usually is a big cause for depression. Loneliness sinks in and you feel more and more closed off from the world, you miss your friends and you're stuck with your family that you either love or hate.

However remember you are **NOT** alone. Many people are going through the same things as you right now, whether it's a phase or not, you'll always have someone there who'll help you and listen to you, especially if they're a good friend or family member.

Anxiety, stress and paranoia mostly stem from the thought that Coronavirus could potentially kill someone we love and care about or even us. The thought of death or losing a loved one can be terrifying and incredibly distressing. We might take extra precautions and constantly clean our hands with rubbing alcohol which can cause lots of damage to our skin and good bacteria. Our paranoia, anxiety and stress slowly leading us to hurt ourselves more and more unintentionally. It's harder and harder to feel at ease and comfortable these days but remember, **it's okay**. I know it doesn't feel that way but you and the ones you love are okay. Remember to wash your hands with soap, wear a mask and stand a meter or two apart and you will most likely be okay, so take a deep breath.

Ways you can feel a little better are:

- Hobbies! Push yourself to do them even if it's hard, I believe in you.
- Going on walks! They can help clear your mind and it can be nice just taking a deep breath of fresh air!
- **\*Venting to someone!** Letting your feelings out can be healthy but don't force yourself.
- If you're having an anxiety / panic attack or feel really anxious I suggest taking deep breaths and counting. 5 seconds in, 5 seconds hold your breath and the 5 seconds out. Repeat it until you feel like you can fully breathe and you've calmed down a bit! (There are many methods out there and of course you can find one that helps you most.)
- Nap! Yep, nap! It's good to escape into a dream world sometimes, plus you'll feel freshened up!
- Take a bath / shower! Baths and showers can be really relaxing and calming.
- Watch something! Maybe you've already watched everything on YouTube and Netflix but just watch it again if it comforts you. :)
- Try something new! Having multiple things that comfort you helps with stress relief!
- And finally, if none of these help you and you consistently feel sad, please contact a therapist. If you have access to one and feel comfortable talking to your parents about it then please do. And if you have prescribed medication you have to take, please do!

Remember everyone is different, not all of these will work, maybe none of them do, but remember I'm proud of you and you're loved, okay? You aren't alone and things will be okay eventually. I'm proud of you and how far you've come, keep going, you're amazing. :)

Thank you for reading my article! I sincerely hope it helped you in some way! Have a nice day!

**\*Venting:** Entlüften ; Letting your feelings out and expressing your emotions through a medium of sorts or talking to another.

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