Kaitlin Whalen

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Today was yet another uneventful day. I woke up, made breakfast, got ready for the day, and then watched TV for a while. I also facetimed with a friend for a while today. Other than that, not much exciting has been happening around here. I worked on homework for a little while, but I didn't do anything fun or different than usual today. Everyday, as the cases and deaths begin to rise, I begin to get more unmotivated and filled with a sense of hopelessness and helplessness. It's hard seeing the world almost fall apart and the only thing I can do as an ordinary citizen to help is stay at home.

I saw this tweet today and it spoke to me. There's been a lot of buzz on social media about using this time to learn a new skill or "better" yourself in some way, and I think this is putting a lot of pressure on people. For people who struggle with mental health typically, this time is particularly hard, and not the time to do anything spectacular. As someone who has struggled with anxiety for most of my life, this time has not been easy. I rely on being able to escape from situations that cause me anxiety (school, family, etc.), and not having anywhere to go is hard. As time passed, I have found ways to cope and bring myself down when my anxiety gets bad, but it is definitely far from ideal. I know that I am far from alone in feeling this way, and when social media puts a pressure on people to "improve" themselves in some way it can be somewhat harmful. It leads people who are mentally ill, or who may even be feeling anxious or depressed for the first time, to feel as though they are doing something wrong or that they are less-than simply because it is hard to find motivation to do anything extraordinary.

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create or be inspired. This just may
be the time you stay still, and allow
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