

The Positive Side to COVID-19

Brittany George April 2, 2020

COVID-19 has come into this world very quick and abrupt. It has disrupted our everyday lives and has changed them in extreme measures. People are confined to their homes and the majority of people's social lives have turned more digital than ever.

While most people are focusing on the negative effects of COVID-19, taking a closer look there are positives that can be associated with this virus. With current circumstances of social distancing, what better way to figure out the positives than to ask Instagram users what they felt the positives of COVID-19 are.

There were a ton of responses from Marymount students and Northern Virginia residents. One of the responses that seemed to be repeated was spending more time with family. This response also corresponds with another answer received multiple times; slowing down and self reflection.

Thinking about these responses, it is obvious that we lived in a world that was very fast paced. There was always something going on or something to do. With the sudden halt that has come over everyday life, it has given people the time to reconnect with themselves and families. Archer Rutledge, an employee at Tysons Corner Mall, confirms this feeling by stating, "I feel like the world was moving so fast and I couldn't catch up. Now that everything has kind of stopped, it's allowing me to work my way back into the world so when this all resets, I'll be up to pace."

Along with people being able to slow down and reset, another popular response was that the earth is able to take a breather from pollution. With almost no traffic and factories and big corporations polluting the air, it is as clean as it has been in a very long time.

The global impact has also caused the world to almost become one in the quest to try to figure out COVID-19 together.

This virus has definitely had negative effects on the community, the state, the country and the world, but when taking a look at the big picture, the positives are also having a great impact on society as well.

Here are some of the responses received through social media:

