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10.19.2020

How the Events of this Year 2020 Affected You?

Do you agree that these extraordinary events of this year have changed you? I know I do, and it has in many ways. Out of these many ways one of those that stood out to me was how my mindset changed. I used to think that to be happy it was necessary that people were there with you. After not being in contact with people I would normally be in contact with, I started to notice I was happier in general.

Over these past months of being in quarantine and not being in contact with who I would normally be with, I noticed that I am a lot happier with myself. I used to have the mindset of how I needed to be around friends to be happy and have fun. Although that could be true, those friends could be affecting you in a negative way and you do not notice it. For example, have you ever wanted to post a picture on Instagram or another social media app but felt too insecure to actually post it because you thought your friends would just hate it? I know I have but now I post what I want and I try not to care about what others would think. Although the events of this year, 2020, have caused a lot of damage, I can also say it has caused a lot of realization.

Now, I am not saying to not have friends because it is always good to have at least one. However, it is not necessary to be with friends in order to be happy. I know this because I have experienced it. Many of my "friends" would say negative things about my body and I wouldn't show that I was hurt by what they had said. They would say that they prefer girls with a more fuller and curvy body. I never had that body type, I always had a thinner body. Being in quarantine and away from the negativity had made me finally accept the way my body is and how people prefer someone more curvier than me. People assume that thinner girls do not suffer from having to accept their body. Honestly I thought that too but I am a teenage female and we do struggle.

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To close this out I would like to mention that wherever you go, whatever you wear, however you act, you will always be judged and get comments about that. Given that this will always happen, I just want people to know to not let it get to them because it can shape you to be the person you do not want to be.