

Teenagers

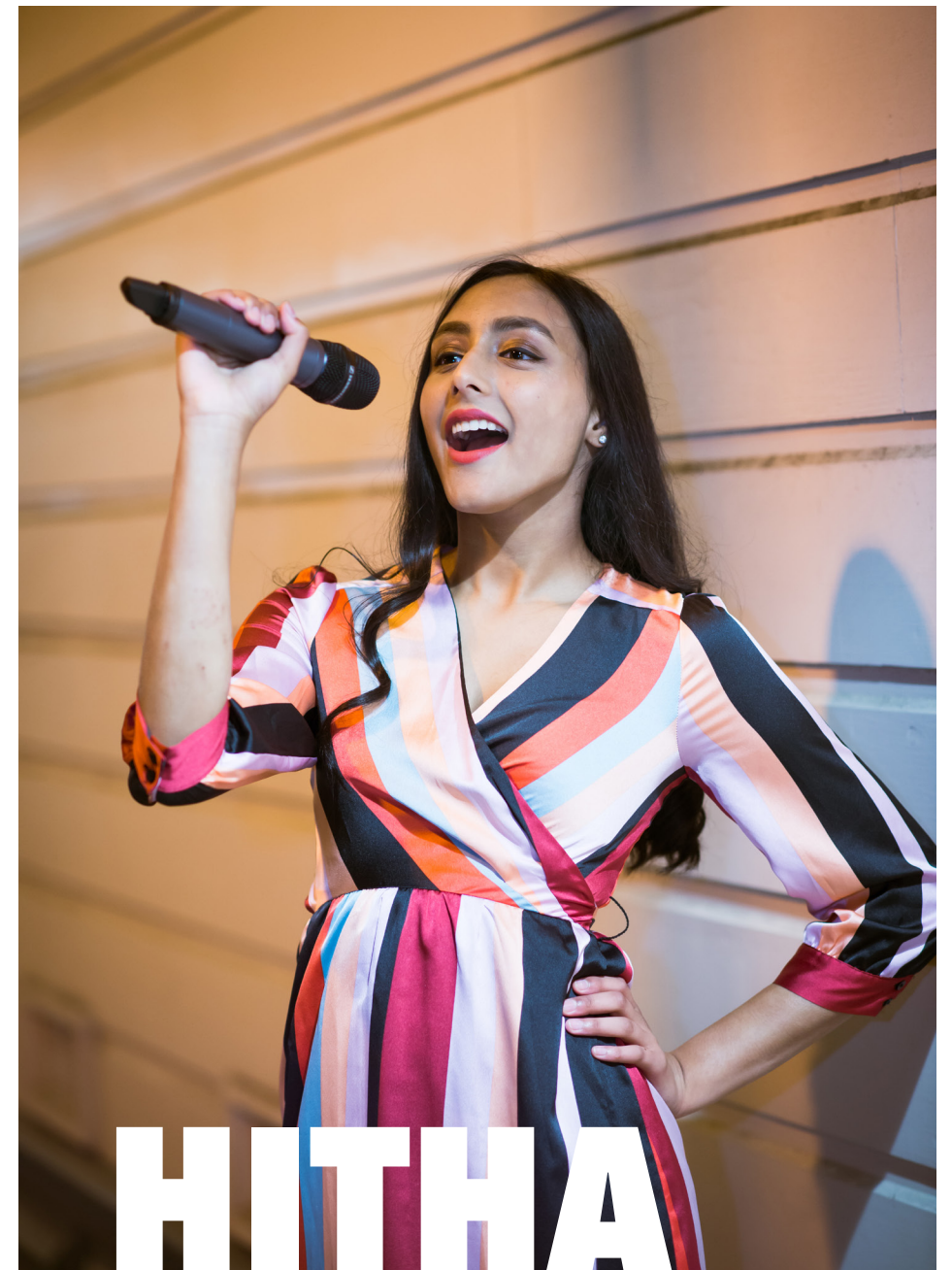
MUST THINK AHEAD OF THE TIMES DURING COVID-19

Coronavirus is changing the landscape of the World. It's impacting everyone. This time is not ideal for anyone. Things are rapidly shifting, and there is a lot of uncertainty around what the future holds for our health, our communities, and many other aspects of daily life. No one can leave their house in some places and anxiety levels of everyone due to the pandemic is very high. Now you may be thinking, "well obviously", but what many fail to notice is that this pandemic quarantine situation that is going currently will have a major influence on kids, especially teenagers. Being a teenager is difficult no matter what, and the Coronavirus disease is making it even harder.

Let's look into the mind of the modern teenager, from my perspective. First things first, the main thing controlling our minds is hormones. I wish I could say that this was not true, but it is. This makes us do things randomly. Sometimes we also end up breaking down and crying or punching a wall. This reaction is because of our heightened emotions that are also caused by hormones. Needless to say, all teenagers are not like this. Some teens have fewer or more emotions.

Now the only thing that make us happy are the ones we love and our passion. We look forward to hanging out with friends during school and other activities. Bonding with peers is one of the essential developmental tasks of adolescents. Then we like coming home and seeing our family. This process keeps it balanced for us. Imagine having to physically be 6 feet away from your friends when you get the 5% chance to see them because of social distancing and the seriousness of the situation. It's tiring. So what happens you may ask. Let me tell you. I believe this reaction is similar to a bag of popcorn. In the beginning, when you put it in the microwave, it does not move, but after some time, the kernel starts popping until the bag is full. It's the same process with teenagers in quarantine. When teenagers first start quarantining themselves, they get adjusted to the new setting. After some time, the anxiousness and stress that we developed due to lack of social life causes our emotions to go crazy and start popping off.

The Coronavirus crisis hits teenagers very hard. Since we are shut inside our homes, running low on snacks and people to talk to, the motivation levels are sinking. This is taking a toll on our health, behavior, and academic performance. Many teenagers are losing interest to do anything, which is understandable, but it is also a waste of opportunity. When we had school and times to hang out with friends, we had no time to focus on ourselves. Now is the perfect window to try a new hobby, focus on self-care or fix our health, mentally and physically. We have this time to learn how to love ourselves and others with no distraction. Right now, we can fully experience the free time that comes with quarantine.



This concept of Coronavirus has left us all startled and confused. Many of us are locked inside our homes wondering when it will all be over. It is critical to see the good that is occurring to keep ourselves from drowning in the bad. The virus providing an opportunity for doing many things better. Because many people are shut away, the Earth is improving. To name a few, air pollution is slowing down, water pollution is clearing up, and nature is blooming. We also have time to connect with ourselves. Do not forget, we are the most creative and innovative age group. Focusing on ourselves and finding ways to use the new-found time in a productive way is going to have positive impact on our future. We can't control COVID, but we can control what we can focus on, how we can spend our time and energy, and the choices we make. Consider this crisis moment as an opportunity presented to us. Let's think ahead of the times and make the best of this situation.