

## Social Media and COVID19

I used to be really active on social media before COVID19. Now I am terrified to logon and see all the notifications and social media articles about the virus. I should stay up to date, but I am frightened of the soaring numbers of new cases and the horrible stories that I read. It is devastating to see how many people have died alone and how their family members are grieving. I saw an article and numerous videos about patients dying alone, and it really scared me. Social media and the news stations are reporting how the virus is transferred from dead bodies and how officials are unsure how to handle so many cases. This feels like a horror movie.

I am also disappointed to see all the social media posts that people are posting showing their high school and college graduation photos to "show support for graduating seniors of 2020". I find it horrible that students get other graduation events rubbed in their faces when they can't have their own graduation from this virus. I do not understand the social media trend at all. I find it mean and insensitive to seniors.

I am kind of sick of social media at this point. Still, it's the only way I feel connected to other people during social distancing. Now I feel like ignoring social media altogether because it just fuels my anxiety.