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Inf 240

Date

Being Social to Relieve Stress

Fact

Opinion

As of now with Covid-19 social distancing is enacted to slow down the spread of the disease. As we all know that stress can lead to many a problem when comes to humans both mentally and physically. Granted Stress can be a good thing helping our minds and bodies staying sharp from any incoming danger. But excessive amounts are hazardous to one’s body which causes many bodily problems such a heart disease, high blood pressure, and depression (Caldwell, 2018).

By running on stress alone can cause a person to make poor decisions, get an answer of a test wrong, losing track where you are going on your walk, and the possibility of committing suicide is the darkest choice of them all. Making a decision through stress can be problematic as well to an individual to list a few are denial, desperation, and paranoia (White, 2019). We humans are social creatures and without a person to communicate those problems will become more frequent.

There are a few methods used to help relief a sum of the stress to one of them is talking to a friend. Communication to others with your thoughts and how you feel can become relieving just by a reassuring voice (Reese, 2019). Now with social distancing being involved there have been lesser amount of real-life communication which causes stress to increase. Granted Zoom chats is helpful in its own right, but it does not have the same feel as in person communication.

This year of 2020 is indeed a dark year for everyone but we human had persevered through many terrible events in history why not this year as well. When you go shopping or simple take an afternoon stroll then seeing a friend you have not met for sometime please take a few minutes of your time to talk and possible that could same you time as well. Be social and do not give up.

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