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Final essay

What really is an essential right now?

To me an essential right now is human connection. Even though around this time in the world and being in a pandemic, everyone has to communicate in some sort of way even while being social distancing. As you can tell we have to wear masks everywhere you go now and you’re not use to that, sometimes we forget to get the mask out the car before going inside wherever requires a mask. We are just not use to that system and I feel like that’s why human connection is a big essential right now. Imagine a loved one being quarantine, it will affect anyone just cause you want to see that person physically, and it will make you feel some type of way if you don’t. People have been taking social distancing to the extreme if you ask me, not just in the real world, but on social media as well. Individuals have taken the social media part where they won’t even connect with their friends, like if it’s the real world. Also, I know the safe protocols when comes down to it, this is where the human connection comes to play. Often, our social connections fall by the edge. However, connecting with others is additional vital than you would possibly suppose. Social association will lower anxiety and depression, facilitate US regulate our emotions, cause higher shallowness and sympathy, and truly improve our immune systems. The reality is that we’re living during a time of true disconnection. whereas technology looks to attach America over ever, the screens around America disconnect us from nature, from ourselves, and from others. Wi-Fi alone isn’t enough to satisfy our social desires – we want face-to-face interaction to thrive. Technology ought to be enhancing our affiliation to others, not replacement it.

Our inherent want for human affiliation doesn’t mean that each introvert should become a social butterfly. Having human affiliation will look completely different for every person. And if you’re unsure wherever to begin to find substantive affiliation, that’s okay.