"The less you respond to negative people, the more positive you'll become." The COVID-19 pandemic led to millions of people having to stay secluded in their homes. This led to the pandemic affecting our mental health. The lack of social interaction and the increase of being on technology really affects one's well-being. The COVID-19 pandemic impacted mental health by increasing anxiety, cyberbullying, and sleep disruptions/disorders.

First, the COVID-19 pandemic increased anxiety. In the article "COVID-19 pandemic triggers 25% increase in prevalence of anxiety and depression worldwide" it states, "One major explanation for the increase is the unprecedented stress caused by the social isolation resulting from the pandemic," (Brunier 4). The social isolation stopped kids and adults from seeing other people, and growing their confidence. This turns into social anxiety from the lack of confidence in one's mind. Brunier writes, "Loneliness, fear of infection, suffering and death for oneself and for loved ones, grief after bereavement and financial worries have also all been cited as stressors leading to anxiety and depression," (5). Anxiety increased because there were so many new things to be worried about. All together, anxiety has become a bigger problem since the pandemic, and people need to seek professional help if it gets bad.

Second, the pandemic increased cyberbullying, which can make kids' mental health even worse. In the article "Cyberbullying During COVID-19" it states, "While cyberbullying is a great concern, kids who can't sleep, or who have completed their home studying may find additional screen time attractive and if the opportunity presents itself, cyberbullying can become one of their activities," (SOB 6). During the pandemic, kids are on their technology a lot more for educational purposes. When the kids get bored, they could easily go and cyberbully someone. In the article "Increase in Cyberbullying During COVID-19" it states, "The pandemic has been highly stressful and confusing for everyone. Oftentimes when kids feel stressed or confused, it

leads to acting or lashing out at others, arguing among friends and risk-taking behaviors in response," (Micklea 3). Kids can cyberbully people by getting angry at them for no reason, just because they're stressed. All in all, cyberbullying has increased 70% during the pandemic.

Finally, the pandemic has impacted people's sleep. In the article "Coronasomnia: How the Pandemic May Be Affecting Your Sleep" it states, "Stress is a known trigger for insomnia - trouble falling asleep and staying asleep," (Campbell 7). People know that there's been a lot more stress since the pandemic, so more stress equals less sleep. Sleep is a really important thing and if you don't get enough it can affect your mental health in a negative way. Leah Campbell writes, "People are seeming to report more fatigue and 'exhaustion' with the pandemic," Medalie confirmed. "This could be related to insufficient sleep, elevated stress, mood symptoms, decreased exercise, and decreased light exposure with more time indoors," (26). Getting less sleep can affect tons of things, including mental health. It's important to get 7-10 hours of sleep every night. All things considered, the pandemic impacted people's sleep in a negative way.

In conclusion, the COVID-19 pandemic has impacted people in many ways. Mostly, it's impacted mental health in a negative way. The pandemic impacted mental health by increasing anxiety, cyberbullying, and sleep disruptions/disorders. If your mental health has been affected by the pandemic, consider getting professional help and/or talk to someone about it.