

In present times, struggling with your mental health is very difficult especially as a teenager. I can speak from experience. From having social media filled with constant comparison, clashing political ideas, and lots of negativity, to never being able to leave the house or do anything interesting, makes it hard to rest and give our minds a break. I'm sure many other teenagers had a really hard time with quarantine's effect on their mental health, just like me.

**According to <https://www.houstonmethodist.org> , teenager Katie Karlson said that while amongst all the other stress of being in quarantine, being stuck with her family was making it worse.** I can relate to this because I had many many arguments with my family while we were quarantined together, and it made me really upset. As time went on and things got a bit better, we were able to figure it out. It all made us a little crazy in the end. We were constantly bickering and arguing about the silliest things, like a dish left in the sink, and the fact I was getting yelled at over things like that also made me very upset.

I can remember getting into crazy arguments that ended up with my mom and I both in tears. I believe things may have got to this point because we didn't take breaks. We were stuck in the house together for months, and none of us were taking time for ourselves. Having personal care time is very important for your mental and physical health, and I can speak from experience. Doing this almost always helps me feel better and clears my mind. According to my previous source, Katie said that she also had many stressful experiences with family during quarantine, and this caused her to feel even more stressed. She said that there was miscommunication in conversations, and that she felt like points were missed and she didn't feel respected. I can relate to this.