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 **Effects of Social Distancing and Self Isolation on The Average Human Being**

 Before moving on to the effects of Social Isolation, One must first ask the question, What is social distancing?. Social distancing simply implies the practice of maintaining a greater than usual physical distance from other people. It can also mean the excluding oneself from participating in the lives of other people.

 It is important to note that social distancing doesn’t only happen in times of health crisis. Its actually a common issue that occurs- mostly in the lives of your average teenager.

 “*No Man Is an Island”.* This phrase was created by the Christian, English Metaphysical poet, John Donne. It expresses the idea that human beings do badly when isolated from others and need to be part of a community to thrive. This phrase has been continually used by various authors and scholars because human beings are social animals and cannot function independently the way islands do. Its compared to humans because no matter how able a person is he cant very well do everything by himself. Loneliness doesn’t have a particular age limit though, it can affect people from all ages and sizes. Though it mostly affects children usually from the ages of 12 and above, Several surveys say that at least 40 percent of 15-23 year-olds have experienced loneliness at some point in their life.

There are numeral causes of Self isolation and Social distancing though most of them are the result of bullying and social media. A lot of them are as a result of physical or mental disabilities, developmental delay, inferiority complex, etc. The truth of the matter is that numerous reasons and experiences in a life can lead to a need to want to isolate oneself from his/her society. Self isolation can eventually lead to the development of Anti-Social behaviors, which in turn can lead to disastrous effects on the human psyche and body. It’s a known fact that there are military punishments and interrogative tactics that employ the use of isolation to break ones prisoner. A person left to his thoughts can be a very dangerous thing.

 Social distancing has a lot of effect on an individual and the society as a whole, such as the possibility of mental disorders. Mental disorder is a common result of social isolation. It arises due to the strain placed on the human brain during this period. It can also lead to hallucinations that may lead to physical damage oneself. In times like this, its very important to have at least a person, maybe a family member to keep you tethered to reality or else the results can be fatal such as suicides and accidental deaths. In the events of social distancing, Loneliness occurs 99 percent of the time and it is a known fact that loneliness can lead to people thinking irrational thoughts. Loneliness is a direct line that leads to self-harm and suicides.

 People rely on each other a lot and most times don’t even realize it themselves. We rely on people to help us make choices, to make memories, to live for. Most people don’t realize the importance of a real, sincere human connection with another person. A lot of people live their lives without experiencing this and as a result don’t have that much to live for. To sum it all up people need people.