# Isolation: A Direct Attack on Society's Mental Health

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Mental health has been affected by many reasons, mainly isolation. The previous normality kept minds busy. With isolation, people's minds became focused on themselves, bringing a series of psychological issues. Since everyone is at home all day due to the pandemic, one notices all the things that they do not like about themselves. Self-esteem problems arise and can overwhelm a person. Another problem is the insomnia that comes with the change of habits. By trying to keep busy one's mind, a person can spend the whole night without sleeping. Finally, staying in the same place 24/7 leads minds to start acting differently, creating problems that many times societies are not aware of but that can turn into depression.

Before the pandemic, which created this new time of isolation, society was different. Society kept busy in its daily life in different ways. Adults maintained their working lives by constantly going out and coming home after long working shifts. Students could enjoy their classes face to face, making the learning process memorable in a positive way. Even on weekends, those who did not study or work could enjoy a day outdoors. In summary, this isolation stage taught people new rules that changed everyone's habits.

After the pandemic, people had to spend all day at home due to isolation. Minds became even more vulnerable, allowing new conditions to affect them. A person whose daily life has changed suddenly feels lost and looks for a way to get back to the routine. Having tried several times to create a new routine, people begin to feel that their way of life is useless, making them feel bad. Even though they get used to the new way of life and feel good one day, the next day everything can change and starting from scratch can bringing negative thoughts back.

Self-esteem problems are an important part of the psychological damage that a person can suffer nowadays. Being in a place where everyone focuses on themselves, thoughts about physical appearance become common. Society has created standards that ordinary people cannot attain. This is where all kinds of discomfort with those who cannot reach them arises. In addition, body dysmorphia becomes the worst enemy of a person who is insecure about one's self since one generates an excessive concern about how one looks.

Insomnia is another big problem that people deal with and not in the best way. It is common to change sleeping habits; the problem lies when the hours spent awake exceed the hours of sleep by far. Some people spend all night on their cell phones, others watching TV or listening to music, and there are even those who simply cannot sleep lying in bed or who wake up frequently. Among young people and adults, it has become a habit to spend all night watching movies or series, which helps them focus their minds on something else but keeps them from getting proper rest. Currently, there are many things affect a person's ability to sleep, but it is up to each person to change these things so that rest becomes important again.

Depression can be a silent and worst enemy of someone would does not know they have it. Currently, this is a problem that society is not sufficiently aware of due to the lack of information about the subject. People can suffer from depression and never know it because they see it as something common. Finally, in Colombia, according to the National Administrative Department of Statistics (DANE) (2020), 52.2% of young people showed depression-related symptoms due to the current situation during the first months of the pandemic, demonstrating that isolation affects both physical and mental health.