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Advanced Dance p.1

17 September 2020

How Dance Has Impacted My Life

I went through a very hard time earlier this year, and dance is still helping me through it. Through this pandemic everybody's lives have been changed. From what started as “Yay no school!” Is now affecting teens around the world's mental health. The past couple of months have been exceptionally hard, between COVID-19, and toxic friends.

Last year I took a year off of dance because I thought it was too time-consuming and I didn't have enough time for friends. I switched schools and got very popular very fast because I was the new girl. I let all of the attention get to my head and made horrible fake friends and I made poor decisions. This caused me to fight with my parents and they started to fight with each other. Once spring break came around I started to realize how toxic my friends were so I didn't talk to anyone for the whole break, then COVID-19 hit. When school got canceled all of my so-called friends reached out and as soon as we all became close again, someone started rumors that I was talking bad about people in my friend group and all of them believed it. As soon as they heard they all came after me saying extremely hurtful things such as, “people only like you for your body”, “you aren't even pretty” and “you make everything worse”. At this point I finally realized I shouldn't have to fight for my spot in the friend group. I gave up and cut them all out of my life. This whole year has been awful and I just recently connected the dots. When I was dancing, nothing bad ever happened because I didn't act out, or feel like I had to be cool or popular. No matter what school was like, I always had my dance family, and I was able to get all of my stress out by dancing.

Bad friends and this pandemic had a horrible effect on my life the past couple of months. I know that if I were in dance I would have been mentally stronger! Taking the year off gave me a new perspective and I realized dance shouldn't be a chore it is a privilege.

