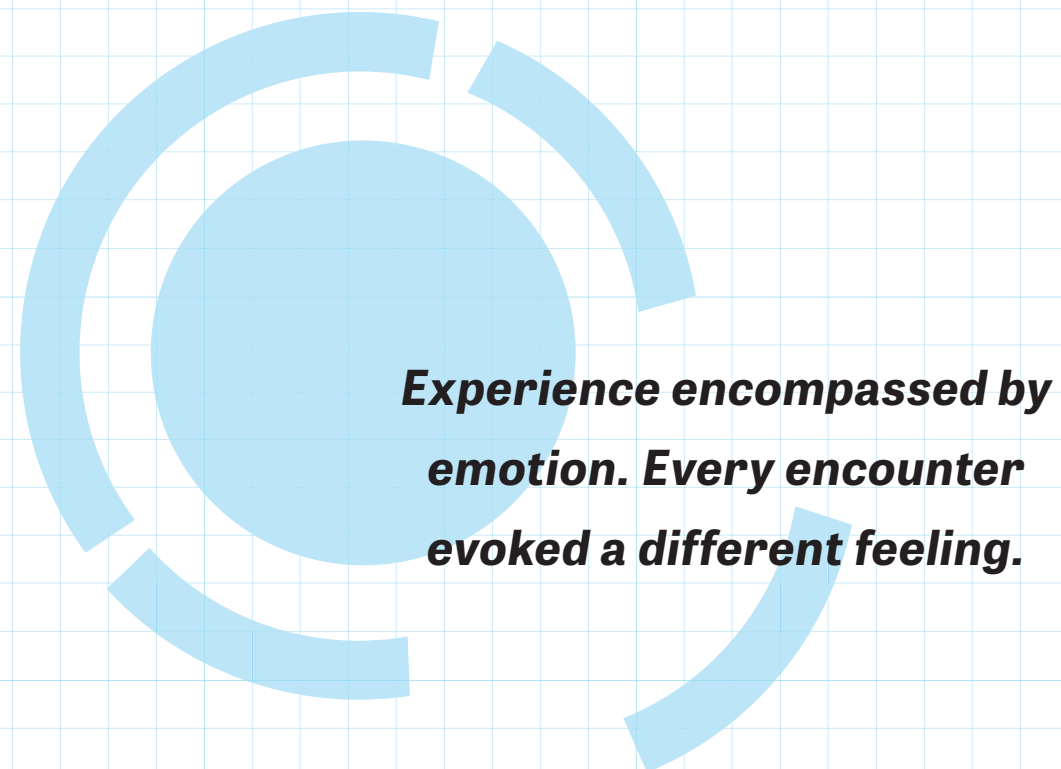






Dear Data:

A week during a global pandemic



This data table shows every interaction I had with Covid-19 information from Monday, March 16th to Sunday, March 22nd. The “filled in” circles show the source of information about Covid-19. The “outlined” circles show the emotions associated with each encounter. During this first week I experienced a lot of negative emotions surrounding the information. Sources from the outside world including social media and television rarely resulted in a positive emotion. This data serves as a reminder to those living through a difficult time, to focus on the information that results in positive emotions like family and friends.



source of information

-  from family
-  from friends
-  from social media
-  from television
-  from school

emotional response

-  annoyed
-  angry
-  sad
-  confused
-  relaxed
-  hopeful
-  worried
-  distracted
-  stressed