

### Field Observation Notes

**11:30AM.** — I open TikTok and search #TherapyTok. The first clip is by @asenaspov, captioned “POV: When your anxiety doesn’t let you breathe but you still show up.” She acts out two versions of herself: the calm one & the overthinking one. The sound is a slowed-down version of “Pink + White” by Frank Ocean. The tone feels vulnerable but also playful. Comments like “so real it hurts” and this is literally me before class” show users relate deeply. [*HUMOR AS COPING*].

**11:33AM.** — Scroll to @goodlocdcharly. A young Black woman creator who speaks into the camera softly, saying, “Being the oldest daughter means being the family’s emotional sponge.” Her tone is steady but eerie. She describes how she had to grow up fast and be the therapist/manager of her family. Comments flood in: “ I know that’s right sista”, “Older daughters don’t get to rest”. [*GENDER-ROLE, EMOTIONAL-LABOR, FAMILY CARE*].

**11:37AM.** — Watch @Jazzthornton\_, a mental-health advocate and suicide-prevention activist. She stitches a video saying, “To anyone struggling tonight– please stay.” Her voice is calm but trembling. Soft lighting, piano music. Comments fill with hearts and “thank you for saying too.” It feels like a digital support group where silence is replaced by texting empathy. [*CARE, COLLECTIVE HEALING*].

**11:40AM.** — @Nurse.john, a Filipino-American male nurse known for his mix of humor and healthcare. He jokes, “If your coping skill is disassociating, congrats you’re basically meditating with extra steps.” The comments are full of laughing emojis and “so true bestie” His light sarcasm makes hard topics easier to digest, turning stress into shared laughter. [*HUMOR, NORMALIZATION*].

**11:44AM.** — @chatswithzaina, a muslim creator, speaks on burnout faith. She says gently, “Sometimes rest is worship too.” Her calm delivery and simple background add sincerity. Comments: “Needed thai reminder,” “faith and rest can coexist.” It shows how spirituality becomes part of healing talk online. [*RELIGION, MENTAL-HEALTH INTERGRATION*]

**11:48AM.** — @ustheremingtons, a family account, posts a clip of a mother saying “parenting while anxious means apologizing when I snap and hugging right after.” Comments say “Gentle parenting is hard but worth it.” The family dynamic encourages other families to become part of mental health culture, breaking cycles in real time.

**11:51AM.** — Clip from @heluvbiglo. “Therapist: have you tried journaling? Me: Yeah, but the entries start roasting me halfway through.” Everyone’s laughing in the comments, tagging

friends. Someone writes, “Laughter is free therapy.” Humor here works like a group exhale, everyone jokes through pain. [*DARK HUMOR, COLLECTIVE VALIDATION*].

**11: 55AM.** — Jumped to @Carlys\_couch, a licensed therapist posts, “If you grew up in survival mode, peace might feel boring. Don't mistake calm for emptiness.” Her tone is firm but kind. Comments say, “I’m learning to rest,” and I thought I was broken.” Many quote her line later, like a mini mantra spreading across the app. [*EDUCATION, SELF SOOTHING*].

TOOK A LITTLE BREAK

**12:10PM.** — Switch to Twitter/X and search #MentalHealthMatters. @islandtherapyyy tweet reads: “Trying to explain depression to Caribbean parents is like speaking WiFi to dial-up.” Replies from @thatgirljay, @restinglatina, and others: “You won the internet today,” and “That’s literally my mom.” Humor communicates shared trauma in shorthand. [*GENERATIONAL TRAUMA, DARK HUMOR, CULTURALLY-SHAPED*].

**12:13PM.** — Tweet by @grindcultureburnout: “Taking a mental-health day feels illegal when you grew up in a grind culture.” Replies from @slowhealingclub: “Rest is resistance,” “We were raised to run on empty.” @coffeeandtherapy adds. The tone is critical yet supportive, public solidarity disguised as venting. [*ANTI-STIGMA, COLLECTIVE VALIDATION*].

**12:16PM.** — Another tweet from @boundariesbaddie says, “When I said I need space, I meant 48 business hours of silence and snacks.” Comments flooded with memes from @overstimulatedangel and @peacecorepapi. Humor is used to set boundaries without conflict. [*BOUNDARIES, HUMOR*].

**12:19PM.** — A verified therapist, @drmarie\_mindcare tweets: “Normalize emotional check-ins like you do weather checks.” @softresetnow and @healinggremlin users reply with gifs of sunshine and clouds, —therapy advice turned playful. [*THERAPY LANGUAGE, DIGITAL THERAPY*].

**12:23PM.** — TikTok feels slower, more visual; Twitter feels quick and sharp. Both follow the same rule: Make pain relatable. TikTok turns emotion into performance; Twitter turns it into punchlines. [*PLATFORM-DIFFERENCE, PACE*].

**12:27PM.** — Mostly Gen Z (late teens-mid 20s), diverse racially and culturally. Many creators identify as queer or nonbinary (they/them in bio”). Such as: @sadgirlethnographer (she/they), @queerandcoping (they/them), @nycgradburnout (he/him). Mentions of rent, roommates and school loans hint at working-class or student SES. The language builds bridges across differences. [*DEFINING IDENTITY, COMMUNITY ACCEPTANCE, HEALING*].

### *References*

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