

THE STOPLIGHT OF LIFE

by:

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During the pandemic, one thing I observed is that people came to realize some things. When I was told by my friends that they had COVID 19 and some of their friends' friends too, I was so worried and anxious that I might get infected as well. I came to realize few things and within the pandemic quarantine as I lived inside our house with my family members, some essential things came to mind, like:

1. The omnipotent God helps us every day of our lives to exist and still bless us with wonderful things, like the air we breathe, the foods we have on our table as well as those small things we experience inside our home, the time to giggle with the family members, time to sleep and receive the blessings of life.

2. Second, I came to realize my profession as a teacher. That even within this pandemic state, I still have my job and can still compensate from my work while I am at home. I can still enjoy my salary as well as the loans which had been laid off for 2 months and so by the insurance companies as well as by the banks, my family and I enjoyed that, thanks to the efforts of the government and the people behind the idea.

3. Third, as a teacher, I worry a lot about my family members and the status of the education system as well as the health status of my students. When the pandemic quarantine started and during the height of those quarantines, everywhere seemed to be like a "lonely town," from my window. I say a little prayer for these children that they might too have a calming mind and a state of clear thinking. I was hoping that they may realize too, the inner peace which I am experiencing for the moment.

4. When time looked like it had suddenly stopped during the quarantine, I came to realize the best things I stated above. But, most of my realization came from a single thing: when one is bombarded with stress, panic and anxiety because of the things which might happen around us and since these are inevitable, one thing you can control is how you may react.

Why did I say that?

Prior to the pandemic quarantine, the last thing I remember before going home is the stoplight, little did I know that this stoplight will change the perspective in my life.

I have anxiety and I am always stressed by few things in life. These anxieties make me feel uncomfortable at night and make me feel like I was trapped within walls. As pandemic quarantine rises, so does my negative emotions. One of my friends, talked with me using an online platform and told me to stop, listen and go. I realize that it was like the stoplight. I stop, look and listen to the environment. I stop, look and listen to myself, I stop, look and listen to what is really happening, as I suddenly burst into tears, the next thing happened is see myself talking to our pet, talking to my mother as well as my siblings. Eating, sleeping comfortably, doing household chores, which I enjoy now much as well as continuing with life with positive insight.

The secret to a less-stressed life is to stop, look, listen and then go. Again, when life asks you to stop, you stop and enjoy the journey. When life asks you to go, you go with God's guidance. When life asks you to slow down, you slow down and realize that there is more than the term you call "life." It is not just pushing yourself towards your destination but how you manage to survive in your destination through the assistance of those lovable people around you.

Once again, I will say, please, take time to think and take time to pray. Take time to meditate, and take time to heal. Take time to talk with friends and take time to enjoy holding your parent's hands. Take time to enjoy your giggles, your sleep, your tantrums,

your household chores, your profession, your place in the community. Because in the end, when all is lost, memories of your time will just be the thing you might enjoy, please remember the stoplight of life.

References:

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