

POSITIVITY AMID THE PANDEMIC

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Life is beautiful. The world is full of love, hope, happiness, and contentment, but many changes have happened since the COVID-19 pandemic started. The pandemic set out last March 2020, and it impacted the physical and mental health of the people, livelihood, and economy of every country in the world. Some businesses had to close because they only allowed essential establishments to remain open. It took a toll on the world economy. Many people lost their jobs, face-to-face school classes were suspended, travel restrictions and new health protocols were implemented, like wearing facemasks and face shields to avoid the rapid spreading of the virus.

At first, it seemed that this situation was manageable, but after months, it got worst. The authorities implemented lockdowns, quarantine policies, and physical and social distancing measures. Since the pandemic started, life seemed slow and short because thousands of lives have been lost because of COVID-19 worldwide regardless of age and status in life. Suddenly, they discovered a testing kit for the virus and invented vaccines to fight against COVID-19 and any variants. Many people got sick, hopeless, and depressed.

On the other side, the COVID-19 pandemic allowed living outside the box, discovering new hobbies and interests, and developing physically, mentally, and spiritually. It also opens doors to more family time; students have a chance to learn at their pace, together with their multiple intelligences in the learning style that suits them. Most of the things got easier during pandemic online because many people started their own business online that they haven't thought about before; it helps them sustain the

needs of their family. Students learn through online modules and virtual classes through applications like Zoom meetings and Google classrooms.

Pandemic makes people realize the value of life, taught every individual to appreciate and be thankful for what you can do freely and what you have without taking it for granted. In the new normal, people learn to live one day at a time, take good care of themselves, and have compassion for others. With those times that seem like there is nothing you can do, you will realize that you have made it at the end of the day.

Pandemic might not give the good life to live in, but it helps everyone stay calm, be strong and trust God. In this new normal, you must remember that you must be healthy, safe from the virus, and stay positive against any negativity surrounding you. One day, this pandemic will be over, and you will be proud of yourself for the person you will become and thank yourself for who you are today.

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