

## RESILIENCY DURING THE PANDEMIC

*by:*  
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The global pandemic has brought a lot of challenges not only in the health sector, but generally, in the lives of each one of us.

In the face of uncertainty, we have come face to face with a pandemic, so severe that many people has died, and worse, people close to us. The global pandemic has given us the opportunity to reflect and the privilege to be better, in all aspects of our lives.

At the start of the year 2020, many news about Covid 19 has spread worldwide. Here, in our province, it took a while for us to grasp with the reality that the pandemic will affect us. The exodus of the NCR and eventually the Luzon lockdown has made us vulnerable from the virus as many students and employees from NCR and neighboring provinces, went back to Bataan.

During times of typhoon, many people has always joked about Filipinos being resilient. While others on the side of the political spectrum, will say that resiliency has been an abused term, that the government needs to deliver more services and not rely on our resiliency in times of calamities , and in this case, the pandemic.

I won't be politicizing about resiliency but instead highlight this positive trait as one of our best strongholds that made us survive and brought us in being adaptable to what others say as the new normal.

As many people from the work force has been forced to work from home or other alternate work arrangements, many unfortunate ones, whose business organizations have not been able to survive the economic crisis brought by the lockdown, has been laid off from work.

Those who were either working from home, or doing alternate work arrangements, like hybrid on site work combined with WFH, many have been exposed and caught the virus, also exposing their loved ones – some or most are vulnerable – , at home.

But as they say, many of us Filipinos have this inert resiliency, that can battle and survive the worst storms, literally and figuratively speaking.

The great amount of stress and tension that the pandemic has added to everyone has demanded a strength not only physically, but also in our character.

Especially for the workforce, who have families to feed and support, the pandemic may have brought the worst challenge, but it also taught most of us to be adaptable, flexible – the components for one to be called resilient.

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