

RESILIENCY, GRIT AND EDUCATION

by:
Flora Danica D. Fajilan

Amidst pandemic people were tested and challenged as to how far can they go even with the current problems hanging in front of them. This made people felt different negative emotions. Others were depressed, anxious and stressed because of what happened with the pandemic and the complications it brought upon human.

The COVID 19 really gave the people something to talk, think and worry about. Resiliency during this time is rare. Some had to choose the ultimate option to end this stress and it did not end well. It is saddening to know that this might happen to some of the people around us.

The main objective of the resiliency was achieved during pandemic, as the saying goes, what does not kill you makes you stronger. How can we achieve resiliency and how can we offer help to other people to achieve resiliency and grit.

To still be happy even when you are bounded with so much work, overlapping time schedules as well as stressful people around you is truly a challenge. What are the things one might do to minimize the stress and be happy amidst all the trouble one might experience? These are the things one might do to increase GRIT and resiliency:

1. Every day is a new day. Love each day like there is no tomorrow. Do whatever makes you dignified, happy, satisfied and love people to the fullest so no regrets will be done at the end of the day.

2. Focus more on the positive blessings rather than on the negative side which is always visible in the community. Try to see the happy people even when there is no one and be happy even when others are not.

3. Love yourself, appreciate the small things you do for the community and believe in what you can do and make a list of small purposes you can do realistically at the end of the day.

References:

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