

PERSPECTIVES ON THE COVID-19 PANDEMIC

by:

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Our lives have been impacted in numerous ways by the coronavirus pandemic. Following public policy to reduce the severity of this dreadful sickness has flipped our lives upside down. We've been battling to find ways to comply with the stay-at-home instructions. Learning new routines within our social separation, and for many, including their children's education throughout the day while schools are closed. Most importantly, our tension and anxiety are heightened by the worry of getting coronavirus as the number of verified positive cases and deaths from COVID-19 rises by the day.

All sectors of society had been affected by this pandemic. The economy had lost its efficiency. Most members of the working class lost their job. The education sector, public and private had devised suitable modalities to facilitate learning, hence other schools had to close their operations. Transportation had to stop its operation.

Our grief runs deep, especially as we witness the reality of mortality or the struggle for the survival of friends or family members as a result of this awful disease. There are many folks who have lost their employment. Jobs that had previously sustained them and their families vanished literally overnight as the economy was forced to shut down to slow the spread of the virus. Furthermore, people of faith are facing too much spiritual anguish as a result of the continuous inability to worship as a church community.

Mental health, like physical health, necessitates continual monitoring and treatment. It is concerned with our emotional, psychological, and social well-being. It has a significant impact on how we feel, think, and behave.

Many people have had major mental health issues. Along with the disease's clinical consequences, COVID-19 has left everyone in poor physical and mental condition. This awful sickness isolates everyone, causing feelings of anguish, helplessness, anxiety, and melancholy. As a result, the demand for health-related services has skyrocketed.

However, as a result of this pandemic, the horizon of the urban jungle can be plainly seen since the air becomes pure and free of environmental radicals. Families began to reunite and reconnect. Others experimented with urban gardening for personal consumption. The house repairs and cleaning were completed. As an alternative for economic prosperity, online enterprises, and delivery services thrive. The community food pantry was founded to assist those in need of sustenance.

Life is a lesson that we learn every day and will continue to learn. Everything in life does not have to be perfect for us to be happy, we just have to respect ourselves and everything around us. We only have to be thankful.

It is considered that the most important lessons in life are learned amid adversity and when we make mistakes. Simply embrace life and be grateful for everything you have. Always consider that there are individuals in the world who have less. Be cheerful, content, and optimistic about everything around you, and you will grow stronger.

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