

## SURVIVING INSANITY DURING COVID-19 PANDEMIC

*by:*

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The past year has been a tough one and it still is for most of us due to the long-lasting periods of quarantine. It has been a roller coaster of a ride; many people have lost their jobs and are really doing their best to survive. The education sector has been paralyzed, the country's economy has been depleted and still, there are continuous and countless number of deaths every day. Everyone is doing a great deal of surviving, braving battles and just living through the day. Certainly, as the world dances in chaos our minds are also bombarded with anxiety and threats. Staying afloat while all these things happen puts more weight than the normal struggle we face. The news about various crimes, domestic abuse and famine stretched across the globe. The students are in great need of mental health support too, since the pandemic has forced everyone to their limits. It has been taxing for those who do not have the resources and for those who are cut out of their jobs because of struggling companies. And it's even harder for those who are not living in the safety of a house or those who are in great distance with their loved ones. The main point is that COVID-19 has been charging us with negativities and meddles with our sanity. However, there are also lot of ways in which we can divert our attentions and hang on to. It is really important that during these trying times we help each other out because most of the time it takes collective effort and a strong mind to get through these plights, although we all differ in the way we de-stress and cope. As for young adults, listening to podcasts, watching movies, creating new hobbies as well as reading books are constant company. These young people are delving into literature and other stuff as a form of entertainment and educating oneself. In fact, there have been an increase rate in Netflix by comparison, the service added 15.77 million subscribers in the first three months of 2020 and 10.09 million between April and June, giving the company

its biggest growth spurt in history as viewers turned to streaming services while stuck at home. Same goes to podcasts streaming, listening to different shows that aims to inform and entertain. Some of the top Filipino podcasts that offers interesting and profound talks are- *Adulting with Joyce Pring*, *Boiling Waters*, *Trying Hard with Lyqa Maravilla*, *Small Talk*, *ABNKKRMDMPPLKO* and a lot more. These podcast shows are anchored with information on a lot of subjects and are really promoting self- help and improvement, which is why it has become the new trend in the social media platform not only in the Philippines but also around the globe. People turn to worldwide creators and artist to gain new perspective especially at this time wherein we are in great thirst for new learning. Hearing stories and experiencing them through different lenses at the comfort of our home mean so much. Its like reliving what had happened and gaining new-found hope to what is currently happening around us. On the other hand, some delve into online gaming to experience the bliss of adrenaline on their seat alone and some opted to discover refreshing activities that are easy to get into. Moreover, the older adults seem to be taking delight in various stuff too such as de-stressing through nature, meditating, doing green sports at home, planting, inventing and discovering various environmental activities, the list was endless. The trend “Plantito/Plantita” was even created during the pandemic. It was meant for those who found delight by cultivating their very own garden or growing plants of different species. It has raised a demand for greenery among Filipinos and only shows how we miss nature and the refreshing vibe it brings. Exercising and meditation are also widely done for its long-lasting benefits. Not only does it calm our nerves, but it also gives our brain a chance to reboot the stress for the day and hear more from our thoughts. Meditating often took an eager practice and attention for beginners, but it is a beneficial activity that leads to mindfulness and being present at the moment.

Enduring this pandemic has set us to face uncertainty in all its level. Many have been changing careers, starting a business, finding ways to survive the new normal. And often it leaves us dress- rehearsing tragedy and as time pass us by, our minds count as an

enemy too and turned into a dangerous place to live in. Certainly, its twice hard living in this world at present time where danger is inevitable, and future is not guaranteed. The world is in a halt and our own little comforting worlds are stalled from revolving. It probably might be hard to wake up in the morning, at times it can be a task we are so reluctant to start but one thing is for sure we can always choose something better for ourselves. We can hang on and strengthen our minds and we can choose to live even if it's just showing up for this tough time. COVID -19 surely weigh us down to our bones, it has force us into foreign situations we never thought possible. It made us question our sanity, but it has given us an opportunity to reconsider our choices and priorities in life. The pandemic has force us to re-evaluate our decisions and reconnect with our past hurt. It strengthens resiliency and pushes us past our limitations, leading us to innovation, reflection and faithfulness to our Creator. Sure, we all develop ways in unpacking our hurdles but it's also being kind of ourselves if we let others help divert and counter our frustrations and struggles. After all, mental health should be deemed necessary for our existence and be prioritized most naturally at this present time. Its important to remember to seek help and free our emotions through the process of cultivating our own sanity. It may indeed take in various form but what's important is that we are doing the best that we can to survive and live after every painful catastrophe that comes our way.

*References:*