"REALIZATIONS ON WORK DURING PANDEMIC"

by:

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We have been badly hit by Covid-19 Pandemic and this greatly affects our lives, economy and even our work. Covid-19 started from Wuhan, China and spreads across nearby countries; Philippines was struck on February 2020. By then we are forced to lockdown our areas and suspend activities that requires going outside. Malls, supermarkets, offices and even our homes are locked; the whole area seems to be deserted. But due to the decline in economy, income and the needs for necessity, we have strengthen ourselves and decided to open our areas and go against this unseen foe. We have decided to open establishments, offices and even our homes.

With the day to day working life amidst pandemic, there are realizations that have struck maybe not just my mind but somebody else’s. With the covid-19 pandemic, we have managed to reconcile with the guidelines and health protocols to ensure our safety and limit the spread of the virus. With these, the authorities have lessened the number of people to attend daily on offices and works to ensure safety distancing. For over a year working on this scenario, this pandemic made me thankful for the realizations that:

We should take care of ourselves:

This pandemic has given us so much time to reflect and realize that there are things we should be prioritizing more. We have been spending a lot of time working and building our careers, paths and goals but we are forgetting that we also have to enjoy. This pandemic has given us a time to relax and pause; detoxify ourselves and cleanse ourselves of all the negativities and impurities that we are absorbing from day to day life. We forget that what’s more important is ourselves, our mental and physical health. This
pandemic has given us a chance to take care of ourselves and be reminded that we should not torture ourselves from so much work.

We should spend time with special people:

The pandemic also allows us to have more time with our family while being locked down and quarantine at homes. We have known each other better and have had better bonds than before. This pandemic made us realized that we are working too much and exhausting our energy that we have less time and energy to interact with our family. It is true that we are working for them but we should also be taking in mind that more than the things that we are giving, what’s more important is our presence and our love.

We can be flexible:

With the current arrangement of work, I have realized that we can be flexible. This greatly shows our dedication and passion at work. Despite the pandemic, it did not stop us from performing our duties and responsibilities and rendering our service for others. This pandemic allows us to be more resourceful and more communicative. This also allows us to be more connected with our colleagues allowing us to have better working environment and better work performance.

I know there are more realizations on work during pandemic and we all have learned a lot of things during these times. Amidst this crisis, I know there are also good things it made us realized and made us thankful for. But the most important realization is that, we are all fighters in this pandemic and we are all brave that we are able to face to everyday. One day we would all be grateful that we faced it and we survived it.
References:

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