A BATTLE WITHIN

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Different diseases have plagued humanity since the beginning of time. History have recorded thousands of diseases, from something as simple as colds to something as severe as viruses and plagues that caused instant death. Humanity was able to develop medicine and the necessary equipment to battle these diseases. But as technology and the society progressed, cases of one particular condition also increased, these are the Mental Health related problems. One that has become even more prevalent due to the ongoing pandemic.

Mental Health related problems vary in symptoms, intensity, and reason. Among the many kinds of it are depression, insomnia, schizophrenia, anxiety, and more. These different conditions come from various reasons or roots and further stems into something more severe, worse even death, if left untreated. We cannot deny that today's society, the pressure, and the constant heavy sense of responsibility put on someone's shoulders can very well be the cause of some of these mental problems. In addition, the despair and hopelessness that we are experiencing due to isolations, lack of human presence, and sadness brought by the pandemic is a reason for an increase in mental health related cases. As such, mental health problems also have different triggers. The first being stress. Stress is this overwhelming pressure or tension that one has to deal with. It is due to the accumulation of troubles that one faces in life. If stress is not handled well, it often results to anxiety, or the feeling of fear, specifically the apprehension of what is yet to come. People who suffer from anxiety often keep to themselves and choose isolation. There are also unchecked feelings. It is normal for humans to feel different kinds of emotions. It is normal to feel happy, fear, sad, and many more. But
if these emotions are not kept in check, or is not being brought out properly, then it can cause various problems, or an over load of one's mental capacity.

Last year and until now we are experiencing what we can probably say as one of the hardest problem we have yet to face, the Corona Virus pandemic. The pandemic is not only deadly on its own, but it's further effects should be feared. Due to the pandemic, a lot of uncertainties arose. People of all races and ages feel even more disconnected, alone, isolated, and depressed. During these times of hardships everyone has gone and continues to go through challenging times. It is important to teach ourselves to look at life proactively. It is imperative that we cherish the things, and most importantly the people we have in our lives. We must recognize that our emotions are valid and that there are times we will feel alone, but that does not mean that we are by yourselves. We have our family, friends, and of course the Almighty God. Taking care of oneself, along with your mental, physical, and spiritual well-being is the key to surviving these trying times. Individuals who are suffering from mental health problems must seek professional help immediately, but we can also do our part. It is important that we make them and their feelings feel validated, to always be someone who is willing to listen and lend a helping hand. We must keep an open mind and remember that we are going through different problems, and you must always put yourself in their shoes. It is through compassion, understanding, respect, and support that we can help the individuals that are going through mental health problem.

There is no greater enemy to defeat than the one that is in your mind. Some fight in wars, while others have battles within. We need each other now more than ever.
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