A HELPING HAND

by:
Allysa Nicole C. David
Administrative Aide IV

When facing a problem, we often keep it to ourselves and think of a solution on our own. We always find it hard to share our concerns with other people because we are afraid that in doing so, we are becoming an open book to them. We often think that opening up to them means that we are giving them access to our lives.

This pandemic has been such an eye-opener to most of us. There is so much pain and sufferings going on right now. On one side, you will hear the cries of a grieving family, on the other, the cries of hunger and helplessness cause by the sudden unemployment and drop of the economy. This affects our mental and emotional health, making it harder to perceive things properly as we cope with the situation. We are no longer living the life we wish to be. Along with the varying level of anxiety and disappointments, it has also been the year of isolation, fear, postponed plans, canceled trips, and sudden loss of loved ones. People are working very hard to fight this disease and getting it under control. Help people who needs help.

Every day, someone, somewhere in the world needs help. They could be our love ones, family, friends, or it a stranger that we don’t and it just happens that we are around them during the time they’re asking for help. Sometimes, just words of comfort and assurance and letting them know that they’re not alone in this situation is more than enough to boost their morale.

We don’t know what others are going through and being mean to them would not help them nor your inner peace. There are times that we don’t understand their need or belittle their capabilities just because you’re not on their shoe. We may think that their ordeals are nothing compared to what we are experiencing. But at the end of the day, we
are all humans, we have our own capabilities, weakness and standing in life. In this current times full of hardship, let’s make this world at least a better place by being emphatic and open-minded. Let’s extend our hand as much as we can for no one wants to go through a hardship. And who knows when we will be the one in their place, helpless and breaking.

Reference: