ACKNOWLEDGING MENTAL HEALTH STATUS DURING TIMES OF CRISIS

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It is undoubted fact that the COVID 19 pandemic has caused numerous effects in our society. The community quarantine restrictions have made people physically isolated from the rest of the world. Though they can still connect with each other through different communication platforms but the physical contact and personal connection still gives life to every individual.

This isolation may be simple and the effects of boredom and seclusion may be ignored and treated as something not of importance but in reality, these have affect lives of both the young and the old.

If we are to look at the situations of prisoners in jails normally what we perceive is the purpose of removing them from the society for them to cause no further harm to the rest but this is just one of the punishment they have to take in. one greater punishment is the idea of being removed from the society where they have lived to be connected and accepted with. The isolation from the rest of the group and restrictions of contact from the outer world is a detrimental situation that they have to endure while serving their sentence behind bars. This is one of the main strategy of the society for reformation. Upon realizing that they have lost almost everything and that they are alienated from society is enough to drive a person mad. For this very purpose, the community implies such penalties so that the consequences of their actions will be clearly imbibed in to their minds. The feeling of being left out, removed and isolated is as strong reminder for them to act according to the norms of the society, to blend in and to be accepted.
Going back to the community quarantine restrictions brought about by the pandemic, the same reactions, feelings and emotions are also experienced by everybody. Being confined at home not being able to go out and mingle with friends is the same feeling that prisoners feel inside the prison cell. But the difference is that people are enclosed in their houses for their own safety and of their own free will.

Even if people are doing nothing inside their houses but the same situation brings a lot of stress to them. That is why mental and emotional health is very fragile in this situations. There will be those who experience paranoia towards the society or unexplainable moods swings or sudden change in behaviors.

And so it is important to notice these sudden behavioral changes. Ignoring them will only make things worse. Once observed, it is suggested to seek professional help. If that is not possible due to the prevailing community situation, then start communicating feelings to a confidant. Establish regular and constant communication with friends and seek for their support.

Keeping oneself healthy does not only mean making the body fit. Being healthy encompasses all domains of the human this include the body, the mind and the soul.

References: