FEAR AMIDST THE PARALYZED WORLD

by:
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A dreadful virus, COVID-19 has spread to every continent and killed thousands of lives. This is the greatest challenge that we have faced in our century since World War II. As the COVID-19 pandemic began to arouse, many things are different than they used to be. This virus brought a sudden change in our life where everyone is unprepared. Pandemic reveals both deeply dysfunctional and somewhat colorful outlook on our lives. Waking up with our loved ones, but filled with unsure things that will happen today. Covered up with fear of catching the virus yet cannot afford to lose our jobs. Many things are occupying our mind during this crisis, it substantially affects our mental health.

Pandemic itself creates stress and anxiety among us. Listening to the news or by just staying at home and do extreme repetitive routines can cause you to feel anxious and distressed. The coronavirus outbreak is triggering anxiety and fear on most of the people. In the Philippines, 9 in 10 Filipinos are stressed due to the coronavirus pandemic, pollster Social Weather Station said. The survey conducted from May 4-10 showed that the pandemic brought “great stress” to 55% of the surveyed working age Filipinos or 15 years old and above, and 34% experienced “much stress”. Only a small percentage at 11% felt “little” or “no stress” because of coronavirus, the Rappler reported. New research out of Australia published in the Journal of Medical Internet Research indicates that individuals living during the coronavirus pandemic had significantly worse mental health outcomes than their peers measured before pandemic.

However, we should be also aware on taking care not only our physical health but also our mental stability despite the crisis we are experiencing. As the WHO reported, “Good mental health is critical to the functioning of society at the beast of times”. “It must
be front and center of every country’s response to and recovery from the COVID-19 pandemic,” the WHO added. Take this community quarantine as an advantage to you. Spend quality time with your loved ones. Get them to know on a deeper level while waiting at home. Acknowledge your desires and regulate your emotions. There is an antidote of fear in this paralyzed world.

References:

