KEEPING MY SANITY

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Taal volcanic eruption.

Corona virus.

ABS-CBN shut down.

These are just few concerns that bombarded us this year. Utterly petrifying, isn’t it? But what brands this even eviler are the fake news and below the belt tumult between two divergent political views that the social media disclose.

In this cause, keeping sane seems to be an endowment. According to Co (2020) for those of us who are already undergoing mental health difficulties prior to the outbreak, like depression, bipolar or other mental ailments, the quarantine can exacerbate an already unpleasant circumstances. Now, tangle these with further conditions, various of which are deep-rooted here in the country, such as poverty, unemployment or underemployment, seclusion, pitiable transportation, inadequate health care access, or hypocritical politicians, then the mental upshot of the quarantine is all extra challenging.

And factual enough, stories have been budding online of individual’s apprehension about having to be confined unaccompanied or with toxic family members or roommates. It is detrimental when our usual routine is interrupted by something as hideous as a pandemic.
Co recommends means to keep us insane by staying connected, limiting stressful media consumption, keeping busy, meditating or praying, caring a plant, getting some sunlight, and remembering there are lots of heroes.

On the brighter point of discerning, we must be gratified that we are still alive and kicking. Be mindful that keeping our sanity is our armour in this battle called life.

References: