LIVING THE NEW NORMAL
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Who would have thought that changes can also be this challenging to humans? Be it planned or unplanned, gradual or sudden, change is inevitable and an important part of being human. At the simplest level, people always find it hard to adopt new practices and to live a new life they are not used to. These people cannot just easily change their culture and modify how they have behaved for the longest time.

Over the past few months, we have experienced a watershed event we did not expect to bring an unprecedent shift and effect in our lives. Due to the corona virus disease pandemic which started late last year, not only humans, but also the government had dramatic shifts on a high level. Up to date, the Department of Health has reported 58,850 confirmed cases of the virus all over the Philippines. This brings a total of 1,614 deaths and 20,976 recoveries. With that being said, mortality rates of the coronavirus disease can be considered low compared to the percentage of people who were able to recover from the virus. But the fact that the virus kills thousands of people worldwide every single day, the disease leads to a life-threatening idea.

Today, we are dealing with a different way of living our lives. The old toilet paper has now become as precious as gold. Public transports look different now. There are no more community sports, no lingering over brunch with friends at the local café while salons and barbershops have limited number of clients to entertain. Our favorite samgyeopsal and barbecue restaurants are restricted to open for dine in services. Schools and universities have moved online with some blending face-to-face with online lectures. We have said goodbye to
attending concerts, plays, movies, festivals, and museums, and so with families and loved ones who are being kept apart from each other. People do a double-take when they hear someone cough, sneeze, or sniffle. So many of us shifted to working from home to minimize travelling on a public transport and gathering in groups at the office. Zoom meetings even became our New Normal. With restrictions easing, we may cautiously rotate back into working at the office in shifts, or embrace working from home on a more regular basis.

Lastly, religious gatherings with large volumes of attendees are prohibited. But despite these changes we are to deal from this day forward, there are no other safety measures better than keeping our faith. That is to believe that this pandemic will soon be over.

References: https://theskillcollective.com/blog/coronavirus-new-normal
https://www.google.com/search?q=number+of+deaths+of+coronavirus&ei=WAKQX-O9M4bW0gTi_KLIDw&num=50