MENTAL HEALTH AWARENESS IN TIME OF PANDEMIC

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Life threatening events except no one to experience mental health problems. Fear, worry, and stress are normal responses to be perceived, and at times when we are faced with uncertainty or the unknown. So, it is normal and understandable that in time of pandemic people may experience fear and doubts. The pandemic is not just a simple medical phenomenon for it affects individual state of mind and the society as a whole. The rapid spread of the virus brings threats in different sectors that caused changes the normal daily human activities. The birth of fear and doubts begins as isolation, social distancing, and closure of educational institutes, workplaces, and entertainment venues mandated the community to stay at home to help break the fast of transmission of the virus. The use of medical protective gears outside homes and inside workplaces adds additional burdens on the comfort of physical movement and with costly imposed price of materials. Restrictive measures and health protocols have mandated to be strictly followed by all.

Self-awareness indicates to understand personal problems and actions. This also leads to better understand other situations such acceptance of current medical problems, care for the people who contacted the virus and respect for medical front liners who are attending patients. Understanding the current situation enables us to assess the effects of the fear generated by potential contamination which attends to identify appropriate responses in order to cope up with the threats.

Emotional, psychological, and social well-being comprise our mental health. It affects how we think, feel, and act. It helps in determining how to handle stress, relate to
others, and make better choices. As it explains, mental health is as important as physical health that needs to be addressed properly. Available supports from medical practitioners have gained respects in attending people who are currently experiencing mental health problems. Having this kind of problem is totally normal for it leads someone to observe his or her personal condition and make a certain action to attend with the cure and solutions. Being knowledgeable with information makes someone one step ahead of avoiding problems. It can also help others cope with their problems through giving desired advices for them to cope up in the same manner. The battle is not just for few but for all which made everyone to unite for a common, to win the pandemic.

To properly manage this kind of condition, it is important to follow proper measures and impose tips to maintain good mental health.

Tips for schools include:

- Make plans to stay connected with learners. It is important that children build rapport with teachers in school. This good relationship can bring benefits of consistency, reassurance and connection among students.

- Set time to have a conversation with the students about their accomplishments. Provide the opportunity for learners to talk about their thoughts and feelings before the school year ends, which can ease feelings of worry and concern.

- Psychological wellbeing is an important aspect for students to continue facing the demanding society which leads to an idea that focusing on wellbeing and mental health is vital.

- Schools must continue the supports to parents and guardians to properly address their children’s concerns.

Tips for parents and guardians include:
• It is better to accept that stress and anxiety in unusual and unpredictable situation is actually a normal condition.

• In some instances, there children who believe that they are responsible for events that are beyond their control – parents and guardians must reassure them that it is the adults’ job to keep them safe and they are the significant people who could help them.

• Friendships can be a key to maintain good relationship with the children, so to maintain these relationships make use phone calls, online communication, and writing letters.

• Creating a routine and involving them in doing productive chores help children to feel secure in time of uncertainty.

• Play sees no ages and describes as a fundamental to the wellbeing and development of children which considered as a great way to reduce stress in children and adults.

Reference:

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