MENTAL HEALTH DURING PANDEMIC
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In the evolution of generations, many things are changed, developed and discovered. Invented different kinds of machines, gadgets and ways of communication. The news updates each and every one regarding the worldwide status of our economy, business, weather and health conditions.

One of the most contentious health issues that we have faced since last year has been the COVID-19 pandemic, which has given everyone the fear of contracting the virus, which is exacerbated by the dramatic changes in our daily lives. Temporary workers are confronted with the modern realities of working from home. Concern and tension are natural reactions to potential or actual threats, as well as to confusion and the unknown. With this, people’s state of mind during this trying time of pandemic is somewhat understandable.

In our country, one of the causes of a person's early death is depression and mental health issues. They commit suicide because they can no longer handle how they feel. In this condition, no age is chosen. These tasks can be done by anybody, young or old. Because of the challenges of life, many people still consider suicide during this pandemic.

Issues of service access and stability for people with emerging or current mental health problems, as well as the mental health and well-being of frontline staff, are also major concerns in communities already heavily impacted.

The COVID-19 pandemic and the ensuing economic downturn have had a detrimental impact on many people's mental health and raised additional obstacles for those who still suffer from mental illness and how they will survive in this current situation.

Depending on our position as individuals and members of society, the effect of the global pandemic and its importance is felt differently. It has a variety of effects on various individuals. Some people felt lonely and confused, while others lost their jobs. The old face of our culture is
no longer visible, and we are adjusting to a new normal that includes working from home, homeschooling our children, and ordering foods and groceries online. This global pandemic will have long-term consequences for us.

Reference:
https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/?fbclid=IwAR12Z39nILvu7XGGA7aI4fQq2pyq4FPuHllbOwRTL3f2-0GXInY7SntFT-U