REALIZATION IN THE MIDST OF PANDEMIC

by:
Nicole T. Torres
Administrative Assistant II

“Staying home, saves lives.”

Who would have thought that being at home will be of great help in facing a global problem? Today, the whole world is fighting a pandemic caused by COVID-19. Most countries, regardless of their size or economic status, are being affected. Cancelled plans and schedules, delayed dreams, missed opportunities, closed businesses, these are just some of its effects. All of these changed our lives. While trying to cope with all the changes this crisis have brought, many people still choose to look on the positive side. During this difficult days, while we’re required to stay at home, most of us came to the realization that:

1. Health is wealth.

Sometimes, we tend to prioritize our career even at the expense of our own health. Our body might be showing signs which some of us always choose to ignore. This pandemic made us realize that we also need to value our health. During this time, protecting ourselves is also a way of protecting health and well-being of others.

2. We need rest.

There are times, we think that life is a competition, in school, in workplace or inside our own house. We are obsessed with the thought of being the best that we even devote most of our time at work, sacrificing our time for family and self. We need rest. We need to stop for a while and appreciate little things for some of these will have big impact on our lives.
3. We are all equal.

Society often sets standards that we are very eager to reach. We emphasize our differences and set a barrier between us. COVID-19 does not look on our dissimilarities, it affects all of us. It reminds us that anyone can be sick, for we are all vulnerable.

4. We can be united.

It takes an unseen enemy to make us realize that we should be united in any fight for humanity. This situation highlights the disadvantages of disregarding our interdependence and cooperation. The spread of the virus is from person-to-person and it can only be prevented through our combined efforts. Social distancing might be necessary during this time but it can’t stop us from helping each other and providing for those who are in need. It somehow revealed kindness within us and led to numerous selfless acts in the community.

5. God is always with us. Prayer is powerful.

In this time of pandemic, while churches are closed, many of us still find and serve God. This crisis remind us that we need Him, always, and especially in this time of uncertainties. He will give the peace of mind that we want. He is always with us and He listens to our prayers.

Filipinos are known for being positive thinkers. We always see the beauty even in worst days. However, the real problem must still be addressed. This virus has taken many lives and it’s uncertain as to until when it will be gone. Without concrete plans, it may take time. Each of us has to play an important role in this fight. Let us do our part.

Be aware, be safe.
References: