SADNESS IS NOT MADNESS

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If you are feeling a little sad today, tell yourself it is okay and you have no reasons to be ashamed.

The coronavirus pandemic has turned the world upside down in the past ten months.

Though vaccines have been developed, people could not still go back to their normal lives.

The level of anxiety especially among young people remains relatively high.

In Japan, there is an alarming and disturbing increase in suicide rates among women. For the month of October 2020, data show the female suicide rate soared by a whopping 70%. Meanwhile, in the Philippines, a suicide prevention helpline called Hopeline recorded a staggering 200% increase in calls for the month of April 2020 alone.

This is why the global pandemic does not only require us to take care of our physical health.

It also demands us to check on our mental health.

The first step of protecting your mental health is recognizing your emotions or feelings. Remember that it is completely okay to feel sad or anxious during this period as the world continues to live with uncertainties. Do not let anybody invalidate your feelings.
Recognise your weakness. This will help you arrive at decisions on taking the necessary measures to protect yourself and your loved ones. More importantly, this will encourage you to connect with the right people who can provide the help and support.

Finally, do not be hard on yourself. Kindness must start with ourselves so we can share it to others. Being sad, anxious, frustrated doesn’t make you a lesser person. Sometimes, we need to hit rock-bottom so we can find our way back up.

References:


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