STAYING POSITIVE AMID THE COVID-19 PANDEMIC

by:
Jo Marie Nel C. Garcia
Teacher II, Justice Emilio Angeles Gancayco Memorial High School

More than a year has passed since the first case of Covid-19 was recorded in our country. We have been through a total lockdown and different kinds of community quarantines. People experienced hardships in varying degrees. A lot of people lost their jobs, closed down their businesses, and some even lost their loved ones. To say that COVID-19 is tragic would be an understatement.

However, not even the pandemic can dampen the resiliency of Filipinos as we naturally have a knack for seeing things with a silver lining. Those in the unemployed list soon found a way to earn a living through gigs like online selling while people who still have work learned to appreciate what they have a little more. A lot of us started to look at things with fresh eyes. Unnoticed plants before became a hit to plantitos and plantitas.

Several groups and pages on social networking sites like Facebook and Instagram shared Do-It-Yourself (DIY) tricks and hacks into making beautiful and practical items out of torn, old, and probably useless belongings. Stay-at-home individuals started trying different hobbies like pottery making, knitting, cooking, and baking, most of which became a source of income.

Aside from appreciating tangible possessions, this pandemic also made us look into our health and actually care for our well-being. Talk shows, articles and even podcasts are being broadcasted to help people cope with our current situation. Numerous posts about mental health awareness, staying optimistic, maintaining healthy bodies, and even exercise routines are shared online to reach the masses. Countless reminders about following the safety protocols are seen and heard in almost all types of media around us.
People are now more conscious of the things they do and how these can affect others as everyone is trying their best to stay alive.

More importantly, it is also in this difficult time that people learn and practice empathy. One day, a woman from Quezon City, left an unsupervised cart containing food items along a busy street with a sign “Magbigay ayon sa kakayahan, kumuha batay sa pangangailangan” (Give what you can, take what you need). This initiative moved not only the residents of that place but also citizens from different cities and provinces to share their supplies with those more in need. The once ‘I Don’t Care‘ attitude became ‘What Can I Do to Help’ and ‘What is Mine’ before became ‘Ours to Share’ as can be seen in community pantries all over the country.

Amidst the pandemic, the world can see the beauty and kindness in small gestures that we do not only for ourselves and our families but for our neighbors as well. As with the other calamities we endured before, I believe that we can rise above the situation and work hand in hand in rebuilding our lives and our nation and one day look back at this time and say ‘Thank God, it didn’t break us. It only made us stronger.’

References:

Retrieved from https://diamondheightslipa.com/community-pantry-how-it-got-started/