Covid-19 pandemic caused an inauspicious situation in everyone’s life. The world has stopped. Some are caught unprepared and this unpreparedness brought distress and anxiety to many. This unfortunate event has caused us chaos, our lives suddenly became uncertain. Our minds are full thoughts whether when this end? Would this pandemic last long and create more damages in the humanity? Will all of us survive? Too many questions and thoughts that our minds could not accommodate and handle all of it and without us knowing our mind is silently killing us.

Mental health is all about emotions, our way of socializing with people, how we interact with them, it also all about psychological issues. It affects our daily living, it effects on how we sleep, we eat, how we speak, act, and feel. Mental health is important at every stage of life, from childhood and adolescence through adulthood. In this time of pandemic, our mental health faces terrifying situations. There are so much happening around us that most of the time we tend to find it hard to cope up. We are still dealing with a certain situation but here comes another one that needs our attention as well.

Since schools are shut down in the entire world, students are having their education at home together with their facilitators. Distance learning are now being used so that education continues. Schools are shifting their mode of delivery of lesson from face to face inside the classroom to online classes, modular print, TV, and radio-based learning from students’ respective homes. At first, we thought it would be an easy adjustment for the students since we all know for a fact that their parents are their first teachers. But as time went by, many suicidal news blows up. Some of the victims are students, investigations are on process but what makes it frightening is the reason of some
victims. They have done it because of overloaded tasks from the distance learning. The pressure of completing the tasks on time, the lack of resources to get the necessary information needed for their modules are some of the possible reasons why these young ones committed suicide. But the Department of Education quickly responded to this issue and I quote, “Suicide is a sensitive and complex issue. We would like to appeal to everyone to stop directly connecting to modules or distance learning. We will continue to reach out to our teachers, staff, and learners to provide them with vital mental health and psychosocial services.”

Right now, students are taking the new set-up of education gradually and efficiently. They are given now more time of completing their tasks, extra effort from their teachers in assisting them to their lessons and most importantly always reminding them that despite of this adversity we are facing right now, they should still make learning fun.

References:
https://www.mentalhealth.gov/basics/what-is-mental-health
https://www.rappler.com/nation/students-mental-health-concerns-distance-learning-due-interplay-factors
https://www.facebook.com/DepartmentOfEducation.PH