THE MISSING RESILIENCE OF THE FILIPINO YOUTH

by:
Janice P. Malibiran
Teacher III, Pilar Elementary School

Our youth is the holder of the key of the bright future for our country. They are the promise of a great revolution that will lift us from the issues and concerns where we Filipinos have been deeply sunken.

Sad to say, it has been reported that many youth are involved in the increasing number cases of suicide in our country which is caused by depression.

Depression is a serious mental health issue and we need to start talking about this to end the stigma around it. (DOH Official Statement, 2019)

There are many things in life that may bring deep sadness and agony. A raging storm comes, blows hard and sinks the whole place in flood yet Filipinos are still there smiling. After a shocking earthquake shakes us and makes properties collapsed, everyone works building back their homes.

Nothing can make Filipinos fall miserably and surrender. Filipinos are very resilient. This is one thing that is missing among the youth today. They are emotionally vulnerable. With whatever comes along their way and challenges their fortitude, they just easily lose their hope and succumb. Their sadness crawls inside them and self-doubt eats them.

But the youth is the hope of the country. They will be the next leaders of the society and inputs of the economy. Everyone should help them get back on track. They must be trained to be mentally and emotionally tough. The youth needs to undergo every stage the long and hard way so they will be moulded into strong individuals. Consequently, they will not easily fall back but will pass through and overcome the obstacles instead.
They should be exposed to fire for they will be as sharp and strong as the sword so they are ready enough to face any kind of battle.

References: