THE VIRUS, ITS EFFECTS ON ONE’S HOLISTIC BEING.

by:
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The global health crisis dubbed as Covid-19 drowned everyone in mental, emotional and sometimes spiritual stress. The killer virus had taken million of lives in almost all parts of the globe regardless of age, gender, and life status. The spread of virus is recklessly fast that it closed all nation boarders among continents to at least take control of its proliferation if not totally diminish it. Nations had taken all the necessary protocols to regulate its metastasis from one body to another.

The television, radio, printed articles even the social media brought disgusting, ghastly and heart-breaking news from time to time including numerous fatalities, minute by minute increase in number of positive patients, health care workers untimely deaths, food crisis, blowing percentage of unemployment, huge merchandise’s bankruptcies, stigma to frontline workers and Covid-19 survivors and a lot more that actually tilted the globe in mud of extreme melancholy.

During these hard times that we should be in sound body and mind to keep pushing towards life despite the snags and difficulties. Some lost the battle by giving up and quitting; Numerous incidents of suicide due to depression secondary to Covid 19 ballooned mid-2020. Reports showed that mostly are cases of hopelessness due to effects of virus to his or her being- in the above-mentioned dejected situations. Just like Covid-19, Depression is also deadly.

Mental health awareness is very vital even before the start of the Pandemic. People focus on physical health more but mental health bear the same importance of it. Little do people know that being mentally sound only requires emotional support, love, respect, care and the aptitude to eavesdrop, appreciate and understand one’s
personality and life. A sound mind, should be inside a sound body. Nevertheless, physical health is also a thing during this pandemic, one must keep a good track of food to keep oneself healthy and fit. Boosting the immune system will be a great defense against the virus. In addition, spiritual health is also a must. God is the only turning point we can turn into aside from our family and friends.

Covid-19 tests the holistic being of every individual. But for us to survive this predicament we must be holistically- healthy too. To sum it up, we should be physically, mentally, emotionally, socially and spiritually well. Physical- one must have a strong immune system to prevent the virus from afflicting his body. Spiritual- one must have a closer relationship with God and together with faith, believe that all will go along well sooner. Social- one must understand that for everyone to be safe virtual socialization is safer that physical ones. Emotional and Mental Health- one must be strong enough to face the hitches and worries brought about by the global catastrophe and that quitting should never be an option.

Health is wealth. Life if precious. We may be surrounded by problems but each of which is an opportunity to become better. Covid 19 is a big problem, but nothing and nobody is greater than our GOD.

References:

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