WORK FROM HOME AMIDST COVID19

by:
Jerry V. Destura
Administrative Assistant II, Mariveles National High School – Camaya Campus

During the Spanish Influenza, people during that time do not know that the widely spread disease is contagious because the Science and technology is not yet that advance. As expected, a different scenario is experienced now a days.

We are all aware that we can become infected by coming into close contact that is why we need to have enough physical distancing. It is primarily spread from one person to another. We can acquire it from an infected patients’ respiratory droplet like when they cough, sneeze, or talk. We can also get the virus by touching the infected area (surface or object) and then touching our mouth, nose, and eyes as they serve as the points of entry of the virus inside our body.

Social gathering is highly prohibited. Economy hits rock bottom as the government has to provide assistance to its people while not allowing them to roam around and run their errands (which are also valuable to our economy) because of the lockdown to avoid the spreading of the virus. And now we are under general community quarantine. Government officials still encourage companies which can allow their employees to work from home as much as possible, and most of them are parents.

The question is how can you work efficiently at home while guiding your kid/s effectively as their learning facilitator/teacher? Admit it or not, some parents can’t stand their own children for a very long time and the fact that they have to perform as employee. What are they going to do now? Evidently, many people are not just suffering from the virus but also from mental anxiety. Why do you think so? Not all who work from home has consistent and enough compensation. How much more those who have
totally lost their jobs. The mixture of stress at home and work is not really a good combination (if you have work, its more stressful not to have resources). Public health actions, such as social distancing which can make people feel alone and lonely and can add to their stress and anxiety. Working from home also lessens the face to face social life and a more luxurious and relaxing way of life of each and everyone. Because of that, we fall from hooking ourselves to social media. We have more media less social instead of having more social less media. We came to a point where we cannot come to laugh and eat with our colleagues like the normal scenarios. Those simple moments that we can do before are being cherished more. Good thing is that we can cope up with stress in a healthy way that will make us, our loved ones, together with our community to be stronger.

Once in a while, you can have a short call with your friends, colleagues, and family from afar to lessen the burden of your stress. Stress during contagious disease outbreak can cause to worry for your health and of your loved ones, financial situation or job, and loss of important services you needed like dialysis and the likes. You may also experience eating and sleeping disorders/difficulty and intensifying of your existing health problems.

On the other hand, it is also good in a way that you can be with your family. You don’t have to worry about your fare fee or transportation allowance. Less expenses on your cosmetics and luxurious clothes, bags, and shoes. Basically, less exposure to the disease and worry free from spreading the disease with in your family and more flexible time doing other things. On the part of being a parent, you can have plenty of time guiding your children and more time for your partner and for yourself. You also have the opportunity to become your children’s TEACHER. It is indeed difficult at first but very rewarding considering the unpleasant behavior of some kids now a days are somewhat hard to handle. Could you imagine dealing with your kids who took after your traits and it feels like you are fighting with the young version of yourself, funny and confusing.
indeed. You can also cook healthier food for your family and less consumption of highly preserved and processed foods for better health and warmer expression of love for your family.

But how about those guardians who happened to be auntie or uncle, or not even blood related that needs to facilitate one’s child. Actually, now a days, any adult can be a parent to a child. It’s a matter of love, affection, and commitment. Again, it’s not really easy yet rewarding. Those who will experience this opportunity will come to really appreciate a teacher.

During this hard time, it is indispensable to look after your physical and mental health. Listen to your body. Some pieces of advice were given by the World Health Organization and number one is to eat healthy and nutritious food to strengthen your immune system. Limit your alcohol, sugar, and tobacco consumption. You can also exercise at least thirty minutes a day or dance Zumba at home with your family. And when working from home, make sure that you have various sitting positions and take at least three-minute break for every thirty minutes. It is also significant to consult your doctor once in a while especially if you feel the need.

Yes! We admit, most of us are more efficient working at our normal working environment but we can cope up with the new situation that brought by the CoViD19. Have a SOCIAL MEDIA DETOXIFICATION, restrict yourself from too much social media like face book, Instagram, twitter, and the likes because you unconsciously compare your life to others and it adds up to your stress and anxiety. Do not forget to keep an open communication with your family, friends, and most especially to our CREATOR who is BIGGER than this pandemic.
References:

www.cdc.gov