Shekaina V. Go

When the pandemic started, My mental health becomes unstable, it took me three months to figure out how to cope in that pandemic peak. I see myself as a productive person and suddenly pandemic happens. I feel like I have so much energy but I can't release it since we're restricted. First I started working out but nothing happen, one day Im scrolling through social media I notice this job post in BPO Industry. Without my parents permission I go ahead and apply. Luckily at first interview I got hired. I used to be a shy person my self confidence before is not that good. When I started working, I realized that my real self and ideal self is completely different. I began to evaluate myself, this job helps me to occupied my free time for me to lessen the anxiety during pandemic times, this job is my coping mechanism to filled my overthinking free time to a productive one. This is leaning more on Incongruent part and Distortion where my real and ideal self if overlapping that caused anxiety for a long time. I used to see myself as a shy person, and think that pandemic is an advantage because I have no social life. But as time goes by I realize that being productive helps me to lessen my anxiety. Right now I enjoy talking to different personality and nationality at work and It breaks my own self concept that Im a shy or introvert person