

# KEEPING YOURSELF AFLOAT AMIDST THE PANDEMIC

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More than 2 years into this, you will agree with me that the Covid-19 Pandemic has adversely affected each and every one of us. Despite the easing of restrictions, there seems to be no silver lining as to when this will all end.

Do you remember in March 2020 when the Philippines declared a State of Emergency due to the Covid-19 situation? This declaration required all Filipinos to follow stringent rules and eventually lockdown in Metro Manila and other areas of the country? Everybody was frantic. Pandemonium broke out. Laboratory testing was minimal due to the scarcity of test kits. Hospitals were filled with patients manifesting the symptoms of Covid-19 infection.

With no proven medication to address the virus, Filipinos had to contend themselves using facemasks and face shields. Even without conclusive positive results, antiviral drugs were experimentally used.

Deaths were rising. Crematoria could not handle the increasing numbers of people dying from the virus. It was a grim scenario. Life came to a standstill. It was like watching a horror movie that has become a reality. A large population of people were affected.

Then vaccines became available. Slowly, the numbers of affected people lowered. Alert levels were lowered, too. We started to ease some restrictions.

Just when we thought there would be a continuous improvement of the situation, mutations of the virus happened. Variants that proved more virulent than the original Covid 19 virus emerged.

Of late, there has been a surge in the numbers again. We are seeing numbers of infected people doubling from the previous week. This has caused alarm once more to everyone.

If it weren't enough, the Monkeypox virus emerged. People from all over the world got infected. The Philippines, too, was not spared. The World Health Organization has declared a global health issue. This caused another alarm among all of us. Numbers are increasing. People are getting scared, if not terrified by this. I will have an entire issue devoted to this topic. With no promise in sight, the big question remains- can we get out of this pandemic?

Despite this, life must go on. To most of us, we were able to cope. However, others were adversely affected.

It's natural to feel stressed, worried, anxious, fearful during this trying times. However, if these gets the better of us, then we become incapacitated- we become dysfunctional. We lose focus and become debilitated.

How can one be resilient amidst this seemingly unending malady? Here, I would like to share some pointers.







## First, **ACCEPT**

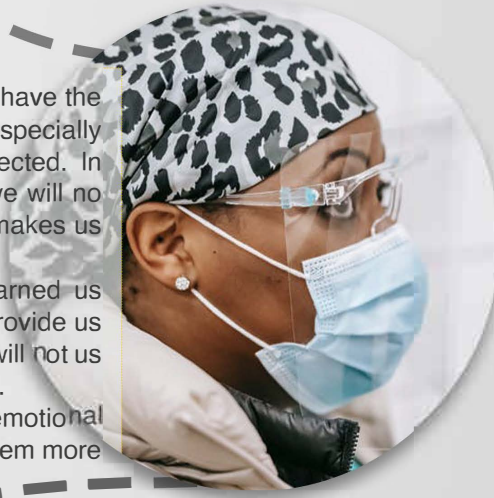
the fact that we are in an unusual period. Some of us may still be in denial that covid-19 is just one of those viruses that will eventually be eradicated. Or, monkeypox is just like the small pox with a new name. Whatever we think of it, the fact remains that there is a pandemic ongoing. So rather than rationalizing, embrace the fact that it is real.

## Second, **FOLLOW**

recommendations of health authorities. We have the tendency to go against the advisories especially when we have not experienced getting infected. In fact, even when we got infected, we think we will no longer get re-infected so we do things that makes us at risk for getting the virus again.

Remember, the health authorities have warned us that being infected with Covid-19 does not provide us immunity. Vaccines also, on the other hand, will not us invincible. But it will prevent severe infection.

Remember, getting infected on top of the emotional burden one is going through makes the problem more complicated.



## Third, **TAKE CARE**

of your body and mind. Remember, physical and mental health are intertwined. Just as you nourish your body, nourish your mind, too. I think I don't need to dwell on how to be physically healthy. You can read on this on the internet. Wellness gurus have better advices than what I can offer.

May be you have heard about the saying "a sound mind is a sound body." That's true, you cannot be physically healthy without being mentally healthy. So take care of your mental health. I will share more about this in my next write ups.



## Fourth, **TAKE A BREAK**

From watching the news on television. Being bombarded with news about increasing toll from the pandemic, new strains arising add more anxiety to our already stressed mind. Sometimes it's good to just turn off the television and have a respite from all the news that's happening around us. Remember that get away you do once a year just to be away from the hustle and bustle of your daily routine? This is similar.

## Fifth **CONNECT**

You are not alone. There are a lot of people out there who share the same issues as you do. Talking it out with someone lessens the burden knowing that there are people like you struggling with this pandemic. A listening ear is all we need sometimes. But of course, be ready to listen, too! As the line from Desiderata goes: "listen to others, even the dull and the ignorant, they too have their own story."



## Sixth **PRAY**

Commune with the Higher Being. At times, it's the only recourse we have to seek peace of mind. Again as the line from the same poem goes, "be at peace with God, whatever you conceive Him to be."

If you haven't done these, it's not too late. We learn from our mistakes, thus making us resilient to all adversities that may come our way. I hope you find these simple tips useful as you navigate life towards the new normal.

### Reference

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2. Lovler S. Desiderata - Desiderata Poem - Desiderata Prints. Desiderata.com. <https://desiderata.com/index.html>. Published 2017. Accessed August 22, 2022.