**Name:** Paul Gerald D. Pare **Date:** 10-09-20

**Section:** 9 – Adenine

One of the most dangerous virus in the world that we recently discovered is the coronavirus or Covid-19. You may not know the number of deaths all over the world. Maybe you didn’t check the news yet, but there is a substantial amount of people that had already died in the past few months. You might ask yourself, “Is this the worst year ever on Earth?”. The answer for that is no, because even if we lose millions of people in this pandemic, the Greek and Roman soldiers, civilians, and our ancestors have experienced the worst before us. For more than a century, they experienced diseases transmitted by rats, famines, and economic loss. The cure for those diseases weren’t possible yet at those times because the medical technology wasn't as advanced as ours today. The effects of it in our mental health is severe. Some of its mental health effects include anxiety, depression, stress and much more. These effects are hard to deal with especially since there isn’t any available quality vaccine yet. To cope with this, we must communicate with others, think positively, and limit our exposure to false, exaggerated news by the media.