

Self-care in the face of a pandemic

by: **Agnes Berosa-Gibas, RGC, RPm**
Counselor, Student Wellness Center

The pandemic ushered into our consciousness a barrage of terms like self-care, self-love, balance, and for the best reason. The extraordinary circumstances brought major or even drastic changes to the lives of almost everyone. And we, the members of the academe, are far from being spared.

The shift to full online education, household chores, extreme alterations in study habits and time management, isolation and separation from larger social groups, the inability to go out, hang out and do things outside, confinement to one's limited space day in day out, and even loss of a loved ones are the loops that we have been thrown into since the pandemic started.

This pressure and the anxiety it may bring to a person is the very reason terms like self-care is considered a saving grace. Self-care is a key to maintain a person's equilibrium in the midst of the forces coming in from everywhere.

However, like a foot soldier running out of ammunition, it is futile to fight and meet the enemies head on. One has to step back, breathe, relax, chill, divert one's attention and regain the energy and balance lost. This is the dance that each one of us has to learn to maintain balance, tranquillity and sense of mental wellness.

Make no mistake, challenges and imbalances will always creep out of nowhere. We must buckle down to do what we can to adapt. In doing so, we can give ourselves a pat on the back for what we are able to achieve.

