This global pandemic has changed us all, but how…?

The coronavirus has destroyed our world in many ways, leading us to live our lives very differently from our usual. But has it been a change for the better or worse?

Many of us are stuck at home, (good - stay there!) constantly thinking of what there is to do to keep ourselves entertained. With kids, it’s hard to keep them busy as they have the attention span of a gnat, but they keep you busy as well. When you’re on your own, it’s not so easy. Many of us alone may be slowly turning insane because we haven’t spoken to an actual human being in weeks and are in the dark about what is happening, making it crucial to stay connected as much as possible. Technology enables us to do this but we must also be mindful of those who, for whatever reason, are unable to take advantage of this.

 A lot of people will use this time differently. Some may be doing up their house, self-reflecting, using it as an excuse to get fitter, snacking every time they get bored, but a lot of people are grieving their losses. This event has taken the lives of a significant number of the global population which may change people’s mindset and way of living for the worse. No one could have predicted the magnitude of the impact it has had on all of us.

The NHS are working constantly to contain the coronavirus but many of their workers have families that are in constant worry for their health. Yes, they may all be supportive of what they’re doing but the fact that they are risking their lives for everyone puts a lot of weight on their shoulders. Seeing people dying everyday may also have a negative impact on the NHS workers’ lives, being in an area where people are struggling to breathe, scared of their last breath and not getting human contact when needed the most. The workers may come back from this pandemic with cases of PTSD which many know is a dangerous mental illness to get so if you have a relative in the NHS make sure to keep an eye on them and constantly keep checking up.

In this pandemic, education has become all mixed up. Many children are having to learn at home which puts them under a lot of pressure, especially those with exams the following year. With all this pressure comes a lot of stress which they do not need at this period of time, also parents become stressed trying to help our students when they don’t know half the stuff the education system teaches them-unless they have a parent or parents who are teachers.

Right now, everyone is trying to stay positive and keep a smiling face. You see people on the news who are doing all sorts of crazy things to keep entertained and some people are getting closer to their neighbours and doing rooftop concerts. So, in a way, the coronavirus is getting us all closer but taking many lives at the same time. What is clear is that none of us will emerge from this unchanged.

Robyn Wright