

The New 'Normal'

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Reflection

COVID-19 presented the world with unprecedented challenges. COVID-19 does not respect any boundaries; geographical, social status, age, religion, culture, sex just to name a few. Our world is rapidly changing while we continue to look for answers to many questions the Coronavirus has generated. Individuals from all walks of life are now focused on winning the war with the virus together. Through numerous stories, I can see and hear the strong feelings of togetherness that binds our community together. I appreciate the highest level of sincerity and dedication in all the frontline healthcare workers, the supply chain industry workers, and many others who are risking their lives to help us emerge successfully through this pandemic. Leaders and decision-makers in businesses and governments are working very hard for our safety and well-being. I have also seen the tears, frustration, anger, disappointment, exhaustion, and the bravery of the frontline healthcare workers who are a symbol of courage and self-sacrifice. I recognize the importance of a friendly smile, eye-contact, and human touch and its impact on the patient's trust and confidence.

While my immediate need is to study hard and complete my studies, I feel a strong need to lend my hand to join with those who are helping our community. Hence, I have taken up volunteering to help COVID-19 relief. I will need proper PPE to be able to protect myself and others during my interactions with people in this new "normal". I feel we need robust measures and policies in place that will preserve the health and safety of every individual who might be exposed to this virus. I hope to complete my studies soon to be able to render professional healthcare services to those in need.

Depression easily sets in when we hear disturbing facts and figures of the world around us in the news. Hence, I cut down overzealous daily news updates to keep focused on the

immediate world around me instead of worrying about things I cannot control. I have developed new hobbies and taken up home-improvement projects to do things that I never did before. I ensure I get in touch with my friends and relatives using technology and offer support and empathy when required. I also perform deep breathing and light exercises to stay fit paying extra attention to my diet.

While the pandemic tests our adaptive capacity, we will continue to educate ourselves both in knowledge and values to stay strong and create a healthy world.