

HOW WILL COVID 19 IMPACT ON OUR LIVES IN THE FUTURE?

World is currently undergoing a widespread pandemic caused by the outbreak of COVID-19 . It is changing the way people live all around the globe, forcing everyone to stay at their homes. Businesses were forced to close, mainly those where many people could have physical contact with each other which would in turn continue the spread of the virus.

One of the most apparent ways COVID-19 made an impact on our lives is the way we have to live. Many lost the ability to do their jobs, even if only temporary. It threw us off our balance and routine we had set. Everyone has their own way to tackle this conundrum. To adults working as cash assistants it became a hazard to be in contact with the customers. Of course this kind of thing will bring a lot of stress on to a person. It makes people look for new and innovative ways to relieve stress, and even look for new hobbies that could make their overall new routine feel more lively and positive, not focusing on the terrific effects that the virus has on the societies all over the world. Therefore in some cases it can motivate to be more open minded to optimistic ideas that help to not drown in the constant onslaught of scary news that only bring us down. Aside from that we need to also look into people that this could hurt much more than majority. To be more precise, to people mentally ill, be it depression, anxiety or any other mental illness, the state of the world that we have to live in right now could severely damage ones mental health deepening the already existing illnesses or creating new ones. People working standard 9-5 jobs now not only have to worry about paying their bills but also being careful so to not get infected. Students are scared for their grades, the e-learning system is not perfect, thus it leads to bugs or glitches that can interrupt the flow of the work and that raises frustration. And let's not start on how it can be hard for people to change their homes, their sanctuaries, a place where they can feel safe, where they come back after work or school into a work place. It can prove to be a real problem and cause a lot of stress to many people, after all it is hard to adapt to such an extreme situation. This pandemic will no doubt go down in history as one of the major events in current decade.

But now we must do everything we can to survive. We have to keep in my mind mental and physical health of our loved ones, our friends and ourselves. It all changed our lives drastically and as for now we have to live with it, hoping it will get better.

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