

Do You Take Care of Your Mental Health as Well as Your Physical Health in Times of Pandemic?

Angie Cubillos Castañeda

Universidad Pedagógica y Tecnológica de Colombia
Tunja, Colombia

How to cite this article (APA, 7th ed.):

Cubillos, A. (2021). Do you take care of your mental health as well as your physical health in times of pandemic? *ENLETAWA Journal*, 14(2), 137.

Mental health is a severe illness in pandemic times. During this pandemic, people were worried about money, food, general health, and their jobs, but no one was worried about people who suffered from some mental disorder. Some people see mental health as a joke, and they do not give it the relevance it deserves. Saying that one has depression or anxiety is thought of by some as a way to catch people's attention, which is why it has become a trendy topic. People think they do not have that kind of illness. However, the Colombian government stated that during the quarantine there were some mental impacts on people.

People who suffer mental illnesses or any mental disorder have been ignored most of the time, or they have been pushed aside making it seem like their mental health is irrelevant. This was reflected at the beginning of the pandemic. Clearly, we were worried about our general health and protecting ourselves from COVID-19, food security because supermarkets were understocked, employment due to having to stay at home, and consequently, income. Nevertheless, we did not hear anything about mental health, nor the impact of being under lockdown.

Mental health is often taken as a joke, as something that does not happen to real life people. Information about these kinds of disorders, for example anxiety or depression, are reflected in television and portrayed by actors. Meanwhile, there are people who believe that these illnesses are a strategy that psychologists, psychiatrists, and other experts in this field use to earn more money. Regularly, they do not give the relevance that it truly needs, sufferers of these illnesses prefer to keep it a secret out of fear of being teased or not being accepted. For example, telling a parent that you are suffering from anxiety may cause them to say you are overacting. Unfortunately, these kinds of topics are not taken seriously. For modernity's sake, mental health is treated more freely than before, but the stigmatization still exists because people still believe that teenage sufferers are trying to be the center of attention.

Finally, as mentioned by diverse medical authorities, the quarantine has provoked symptoms of stress, confusion, anger, and others due to the uncertainty that this issue can generate. This means that we must be more sympathetic to those who suffer from these disorders and take care of our mental health as we take care of our physical health.