



IMPACT OF COVID-19
ON HUMAN
BEHAVIOUR, HABITS
AND HOW SHOULD
ONE TACKLE THE
PROBLEM



The world discussed the origin of COVID-19, but sadly, only sympathised (as opposed to empathising) with the people who suffered, merely to realise that it had been declared a 'Public Health Emergency of International Concern' on 30 January 2020 and a **pandemic** on 11 March 2020 which turned everyone's world upside down: giving rise to the darkest hour in each of our lives.

Covid 19 can be seen having an unprecedented burden on healthcare, economy, education, travel; basically, every aspect of life. These aspects being more evident, are considered at the forefront. The attribute overlooked during any stumbling block is the psychological impact. The fact that psychological impact is invisible and insubstantial doesn't mean it should be overshadowed because its implications shape the behavioural pattern and affect the life of the people beyond a fathomable limit.

First off, let's have a look at these words-

Behaviour (noun) is defined as an organism's activities in response to external or internal stimuli, including objectively observable activities, introspectively observable activities, and nonconscious processes.

Human behaviour refers to the expression of mental, social and physical nature of individuals during the phases of human life.

Habit: a settled or regular tendency or practice, especially one that is hard to give up.

The above words are of importance for the reason that this pandemic has not only impacted human behaviour and habits but actually transformed them.

Behaviour is dynamic. It changes and responds exactly like the human body does, in response to a stimulus. Behaviour changes as a tendency to adapt to a changing situation, internal or external. Habits, on the other hand, tend to be static. People are usually set in their ways, their routine and seldom manage to change their habits. Nevertheless, humans are capable of changing them, when change is the only escape.

They might seem different but habits and behaviour are two sides of the same coin. Our behaviour develops our habit; to change a habit, there is a cue (indication that there's a reward) which triggers our brain to initiate a behaviour. Then, there is craving which is the drive/motivational force to achieve the reward of changing the habit. Lastly, there is response.

It is the actual implementation of habit, which can be in the form of a thought or an action. Response then delivers the reward; the whole reason of changing our behaviour and habit in the first place. Our behaviour, if insufficient in any stage, will not become a habit. Habit could be said as a continual effort of applying the same behaviour. Behaviour is short term; habits are long term.¹

A perfect analogy to describe the interlinkage and the cause for their change is the concept we're all familiar with, 'Survival of the fittest', that originated from the Darwinian evolutionary theory stating that there is continued survival of those organisms which are best adapted to their environment.² Simply put, the phrase 'old habits die hard' doesn't suit to the dynamic lifestyle where things change every minute and it is appropriate to substitute this with the phrase '**change is the only constant**' because it has a widespread relevance and dynamic adaptability.

With that being said, the reasons why we have experienced a change in our behaviour is the external stimuli, i.e., the virus which coupled with its longevity and imposition of lockdown led to a change in our habits too, to keep going.

There are various types of impacts of covid-19- social, economic, financial, psychological, political, industrial. But in my opinion, it is the psychological impact which is omnipresent, it exists in all aspects of impact and it changes primarily whenever any other aspect gets affected and also affects other aspects indirectly.

I sense the behavioural impacts could be elucidated with the emotions experienced-

- ❖ **Confusion:** When the pandemic hit, the foremost stimuli among people was confusion. As silly as it may sound, everyone around was actually confused as to what they were exposed to, how to react to it, how alarming the situation was.
- ❖ **Denial:** At the outset, there was a complete denial of the "dark clouds" formed by the virus. It is by human virtue that any serious issue is first addressed with denial until it worsens and there is acceptance of the reality. We all found ourselves in the same shoes with this behaviour where there was no serious thought given to it thinking it has not yet come to 'us' personally.

¹<https://jamesclear.com/three-steps-habit-change>

²https://en.wikipedia.org/wiki/Survival_of_the_fittest

- ❖ **Chaos:** Subsequently, with lockdown being imposed in various countries, there emanated an incalculable panic over shortage of supplies, risk of getting infected, financial hardships, uncertainty over job prospects, people being stuck at different places, shutting of schools and colleges and lastly, how would people actually function in their day to day lives. Well, let's face it, nobody would've thought in their worst nightmares that its impact would be to stay at home, being isolated from everyone and everything that had been a continual part of their lives. Our minds have been chaotic since.
- ❖ **Rage and fear:** There have been an outrage regarding everything being shut and all of us drifting apart drastically from our normal course of lives. This has been concealed with fear in our minds about what has happened and how long would this continue. Fear of getting infected but rage of not being able to the earn bread and butter due to shutting of business, risk of lay-offs has been arduous.
- ❖ **Stress and frustration:** The chief reason for stress and frustration is when someone tries to solve a problem and does not find a solution. This uncomfortable switch to being confined in our own places and not being able to do what everyone has been doing almost their whole lives has been frustrating; for logical reasons. Irritability, anger, anxiety, lack of concentration, mood swings are all the symptoms of stress and frustration which have been witnessed during this time. Another cause of frustration was constantly wanting to be productive and failing to do so.
- ❖ **Depression:** Stay-at-home can be rejuvenating and is necessary in the fastmoving world, to have an escape from the hustle but longer periods of isolation can be depressing; especially when there is risk of a virus hounding with financial pressures. It's a known fact that sitting on our hands and doing nothing can actually lead to negative thoughts and helplessness. Depression is a complex disease; caused due to longer periods of stress, frustration, anxiety, losing the lives of loved ones to the virus and not even being able to see them through it, risk of getting infected, being faced with pressures of various kinds. Voluminous cases of suicide, mental illness and violence have been reported in this period.
- ❖ **Increased concerns over health and diet:** Being extra cautious about health; be it a viral cold, cough or fever. Every time someone is unwell, there is an added unspoken panic which arises; almost everyone was confused and uninformed about the situation. It is true that people can trust almost anything out of the fear to put a rest to their ailing minds; solely believing any news, forwards, social media posts without authenticated

backing has been a common practice. There was a lot of misinformation circulated which raised concerns. People are still trying to comprehend what are its consequences and repercussions on our physical and mental health and the process of being able to make sense out of this has been gradual. Taking steam regularly, washing hands after coming home, sanitising before leaving, decoction, medication, cleaning the cell phones, computers, desk spaces, washing the veggies, covering our face and mouth while coughing or sneezing, all of these are basic hygiene habits, but we have to admit it, haven't we all started taking this with considerable seriousness now? I am optimistic everyone has put a step forward. A funny resemblance for masks could be with footwear, you wouldn't step out of the house without either.

To put an alternative perspective, impact has differed based on-

- **AGE GROUP:**

Covid-19 had different impacts based on the age groups. The **toddlers** and **children** require a routine because they are in the process of constant nurturing. Be it attending school every day, playing outdoor games, interacting with people, it is needed altogether for them to groom well. It has been observed that an attempt to make them attend 'virtual school' and stay inside, to have a structured day has been a tough nut to crack. This also depends on the ability of the family to provide support and structure sitting at home. Children have seemed to have problems of lethargy, social anxiety (especially in those cases where the family situations have been complicated).

"Whenever I think about kids, I think of birds flying in the sky; it feels the liveliest when it is flying, spreading its wings. Think of it like this- when birds are caged, it starts to feel lonely and restrictive and it wouldn't even know the reason for being caged. There is a similar situation with these little ones; for them to understand the reasons and then be inside, it has been an uphill struggle."

-Anonymous³

As for **college students**, they deal with physical and emotional changes at this age. Transforming into young adults with a higher sense of responsibility, more independence and

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career planning, there is no wonder that they are susceptible to deteriorating mental health. The pandemic has forced teens to be removed from normal social, physical, and educational interactions, there has been constant chaos running through their minds and an unease of not being able to concentrate and give their best to their careers, learning new things, exploring places, losing the best of their years to the pandemic. Even with a sense of responsibility, they have faced inconvenience in focusing and being productive. This age group is who equally need a social life along with spending time with family. Being locked has resulted into frustration and withdrawals from the family, changes in sleeping and eating patterns. One major downside faced was the lack of seriousness for the digital education. Another dilemma was the continuous postponement of exams, which took a serious toll on the mental health of the students.⁴ The pros that this generation have is being a little more adaptive to changes and also being tech savvy, which helped them grasp things and find out innovative ways to make the most out of technology. They didn't stop learning things, even if it was online, connected virtually and made up a routine.

According to me, the worst hit age group would be **working adults**. Being the pillar of financial and emotional support for their families, they have endless responsibilities. When the realisation of the means through which they would sustain their families dawned upon them, a wave of panic was instilled in every house. Working from home has been another tedious task to get accustomed to. From going out, working each day, to being at home, locked up has definitely taken a toll on their mental health and resulted in increased level of stress. Among them, parents have dealt with double pressure: to handle their problems responsibly and at the same time, be composed and patient with their children. In addition to this, they became more alert about their expenses, how to take care of their dear ones, searching for alternative sources of income, finding ways to spend more time with their family, being the informed ones, with whatever is happening in the outside world.

The **old age** is a sensitive phase to go through; they need a connection every time and not just during the pandemic. Senior citizens usually feel isolated by virtue of widowhood, dependency, health issues, even staying alone in which the pandemic took away the scope of little interaction this generation had with the outside world. Moreover, older generation are more set in their ways and habits making it more challenging for them to adapt to everything. Technology has

⁴ <https://www.healthline.com/health-news/impact-of-covid-19-lockdown-on-teens-mental-health#Why-are-teens-experiencing-depression-and-anxiety-during-COVID-19?>

not been their best forte, which adds up to their misery. Above all, the vulnerability to the virus has been more due to the old age, which has created a lot of caution among them.⁵

- **SOCIO-ECONOMIC STATUS:**

It is true that any psychological distress tends to be amplified on the less fortunate and hits them first. This virus induced lockdown imposed the harsh realities of unemployment and poverty. Survival for the daily wage workers has become grim. They earn only enough income to sustain for a day or two. Besides, they don't have the means and resources to accumulate their earnings and save money to protect their family from any unexpected catastrophe. This led to a lot of chaos and panic as they did not even have enough money to flee away from the cities and go back to their hometowns. The repercussions for this income class were very miserable and cost many of them their lives.

As for the socially and economically advantaged class, the pandemic hit them in many different ways but their ability to handle was at least a little better than those underprivileged.

- **PROFESSIONS AND BUSINESSES:**

It is unlikely to think about the impact from the point of view of behaviour and habits but as people have experienced changes in them, they have made changes around them. With everything shut, businesses and professionals saw the doom's day but some managed to bounce back by making a prime breakthrough and switched to working from home. This change has been revolutionary, yes, I say revolutionary because the world has now nearly functioned for more than a year like this and this journey has been strenuous. Not only did it change the nature of how businesses and profession function, but working from home had a major behavioural transformation among the working class. Other indirect impact caused was the mental pressure to the employers and the employees with laying off and attritions. Selection, recruitment and training processes also required a lot of patience.

- **GENDER**

In addition to physical health, lockdowns may exacerbate household stress, contributing to increases in sexual and gender-based violence (SGBV) and poor mental health symptoms.

⁵<https://www.healio.com/news/psychiatry/20200408/covid19s-mental-health-effects-by-age-group-children-college-students-workingage-adults-and-older-ad>

Some countries reported increases in SGBV during COVID-19 lockdowns. Fewer women than men practiced key preventive behaviours such as staying home unless it is urgent and wearing a mask. A greater proportion of women respondents reported experience of depressive symptoms. Among women, lower adoption of promoted behaviours may also reflect the gender roles and the fact that women spend more time indoors. Slightly more men than women contract COVID with a ratio of 1:0.9. However, in a few countries like India, Nepal, Vietnam, and Slovenia the fatality cases are higher in women than men. The reasons for this difference could be genetic, social or behavioural. For example, since both professional and home care affairs are traditionally linked to women, where this practice continued led to a sensitive situation for them.⁶

Key changes to be highlighted during this period which also turned out to be a way of tackling the issue forth are-

- ❖ **Work from home:** It is not like this concept is new, but it has never been implemented on such a large scale. Being more than a year to this change, it is definitely possible to do this, which has a huge savings in fixed costs for the businesses. But the behavioural changes caused by it are somewhat a double-edged sword. Firstly, work from home has given a sense of financial security to at least selected section of masses but it also resulted into longer working hours which would have been revolted under normal circumstances but the pandemic led to a change and employees have a consensus. Other behaviour change is the casual attitude given to the work since the dynamics of ‘work’ changed. By the virtue of not going to office, no colleagues to meet, no reason to dress smart and formal, employees started taking work ‘too casually’. This affects their productivity as there is a domino effect; they wake up late and work beyond the working hours, causing stress.

“The key challenge to tackle while working from home has been lack of professionalism; during meetings parents are seen multi-tasking- babysitting their child, employees wearing pyjamas, there are distractions due to interruptions in the background. Although, this might not be completely their fault as finding a place with everyone at home can be troublesome but the laid-back attitude can be a major complication if this situation persists.”

⁶ <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0244053>

-Anonymous⁷

An added challenge is striking a balance between professional and personal life. Besides, working as a team demands a lot of patience because there is a communication gap. Foremost drawback has been working in isolation. Whether this is a boon or bane, is a question of debate. Even with offices getting the chance of operating with less than 100% capacity, it has been a haywire to coordinate due to the inconsistency and confusion of the place to work from.

- ❖ **Family Time:** A crucial impact of the pandemic has been more family time. Having no personal space, other external factors led to a lot of irritation in the start. We understood what we have been missing throughout and this eventually it turned out be the biggest tool to tackle our worries away; everyone got adapted to it and they've kept each other's spirits high. There was a literal representation of family staying through thick and thin.

“If anything is desired by the elderly, it is family time and this pandemic has been a blessing in disguise for connecting and bonding with the fellow members of the family, it was like discovering a newfound love and respect for each other.”

-Anonymous⁸

- ❖ **Digital Education:** Students are more connected and attentive even if they seem to be grumpy and always on their toes with the assignments, deadlines, having to wake up early and go to school/college. The pandemic snatched away the most cherished years of one's life leading to dejection. Virtual school has definitely impacted the interpersonal skills one develops, team work, communication and the feeling of actually being in school/college, it is indescribable. Students still face difficulty in comprehending and being attentive, even if they have tried their best to adapt to it.

“The whole facet of digital education has observed to be taken lightly because there is no ‘feeling’ of being in the institution with your fellow classmates sitting on those wooden benches looking at the boards with watchful eyes. It has been equally challenging for the preceptors to create an atmosphere of a classroom virtually.”

-Anonymous⁹

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⁹Covid memoirs

In a longer run, peculiarity in habits were-

- ❖ **Increased screen time:** Today's generation cannot imagine a life without technology but the screen time has been greater than ever in this pandemic. Digital education, working from home, binge-watching on online streaming services impacting the habit of lesser screen time.
- ❖ **Eating habits:** People usually eat a lot of processed, canned and junk food, which had a positive change when everything got shut; they started having home made fresh food. However, this change did not last as with certain allowances over food delivery, people have seemed to place a reliance on it and go back to eating outside food. Although, this differed from person to person because there has been a lot of 'emotional eating' for coping up with the stress and led to poor eating habits. In some cases, there has been absence in intake of the required amount and nutrients, leading to health issues.
- ❖ **Sleep patterns:** This has been a confusing front as well. For people being negative, the sleep patterns have been irregular and troublesome. For others, lockdown meant more sleep time because all they had to do was stay at home.
- ❖ **Lack of physical activity:** Except for the fitness freaks out there, I think closure of gyms and not being able to go out for those who do, physical activities have reached a new low because all people did was sit at home, with nowhere to go. People became lazy.
- ❖ **Apparels:** It might be a tiniest and an irrelevant change for many, but I think personally my clothing and preference changed during the lockdown; from presentable clothes to wearing pyjamas all day!
- ❖ **Purchasing habits:** Another minor yet noteworthy change wherein people had to purchase everything online. From apparels, electronics to groceries, there was a shift in favour of online shopping, even in those people who did not prefer it initially.

It never even occurred to any of us that going out, being able to freely walk on the roads, to meet people, not having to wear a mask each time we step out of the house has been something we've taken for granted until the virus entered into our lives and eliminated these privileges.

The virtual world has become the ‘new normal-an undesirable one’, but the key to overcome any situation is to get through it. And for getting through, the first key to it is embracing the situation as it is and making the most out of it.

The Chinese word for “crisis” includes two characters, one for danger and another for opportunity.¹⁰ A comprehensive change in the human behaviour and habits is ostensible. Whether they have improved for the better or worsened depends on how people have taken up the situation; as danger or an opportunity. There is no doubt that the whole experience has been traumatic, we have heard and seen only negative news around and expecting to have even a little ray of hope during this time would be impractical.

Everything has positive and negative consequences. Coping mechanisms¹¹ in this instance have been the same. Addiction is a coping mechanism to trauma. Extreme cases led to suicidality and suicidal behaviour and a change in the way people would normally behave in certain situations. But then again how long would everyone keep weeping about their misery? The minute this question started to bother, I think we started understanding that it does not get any better any time soon, it’s for the best to start capitalizing the situation. Thinking of this time inside the house as finally being able to do the things people haven’t been able to, is the best attitude one could have.

“Experimenting with new food, being thankful to look around and find my family and friends in good health, acceptance that this is a pandemic, the situation does not change because I want it to; it is for our benefit to mould ourselves and adapt to the situation is what kept me optimistic”

-Anonymous¹²

The question still remains, *how to tackle the problem?* The answer lies in getting accustomed to the impact itself. Besides, the most important thing to learn is- **Take one day at a time.**

¹⁰<https://singularityhub.com/2020/04/16/coronavirus-what-are-the-chances-well-change-our-behavior-in-the-aftermath/>

¹¹ **Coping mechanisms** are the strategies people often use in the face of stress and/or trauma to help manage painful or difficult emotions. Coping mechanisms can help people adjust to stressful events while helping them maintain their emotional well-being.

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Constantly thinking about what is going to happen ahead can be overwhelming; a simple way to get through is baby steps at a time and soon you will be able to walk.

In my perspective, the whole process has been really distinct to each one of us, and we all would have a unique coping mechanism for it. What works for one, might actually do the opposite for other. Nevertheless, ways of tackling the problem could be-

- ❖ **Life is short, do more of what you love.** I think this should be the approach even without the pandemic, but haven't we all started taking it seriously right about this time? Doing what you love will always keep you happy and content which is essentially requires in the world right now.

"I think creating a safe space in your mind to battle the outside forces is what has been important; if your mind is at peace, majority of the problem is resolved. For that doing the things where you feel the most of 'yourself' is essential. For me, it was having a good sleep, lose myself to the books, working out, skin care, grooving to my playlist and talking to my loved ones."

-Anonymous¹³

- ❖ **Go easy on yourself.** It is so important to realise that this is a pandemic and not any routine day of your life. All the days might not be the same; you can feel low and upset and not exactly know why does that happen. There is no need/compulsion to be productive each day. Looking at the/your social media/mates doing so many things might be intimidating but it is really okay if you do not feel like being productive and just take it slow without any guilt.

"Honestly, I was a little relieved provided I had recently started working and managing time had been challenging. No sooner I realised that this wasn't a normal vacation; the world suffered from a pandemic. The work schedule got worse and rendered me with even little free time than before. This did affect my mental health and peace. To cope up, having the attitude of 'it is what it is' and not beating myself up for taking a break is what worked for me."

-Anonymous¹⁴

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❖ **Spare yourself from negative information and excessive watching of the news.** Yes, I know being updated with the whereabouts and news is so crucial, especially in these times, but stop obsessing over it. It will only lead to more panic and possibly a lot of misinformation will come your way!

❖ **Be active.** Yes, it is quite possible to stay active even when you are home or sick, in fact I think it is important to throw away the lethargy. I have personally seen people be troubled due to long periods of distance with nature. If you have the privilege to get in touch with nature, do it. Walk by the greens, go to the terrace and watch the pretty skies, it freshens your mind and keep you healthy.

“Going for a small walk, practicing yoga, watching the pretty skies from the terrace, doing all those social media challenges with my family and friends, which I do not think any of us would have even found the time to do before is what has been my way of tackling the battle.”

-Anonymous¹⁵

❖ **Meet your loved ones.** Yes, I most certainly mean that meet them virtually or with appropriate social distancing.

“I’ve never seen my family any closer than they are now. I think we have started interacting over video calls more than we would meet in person. Celebrating birthdays and festivals over video calls, planning game nights with family and friends, I have learnt so much about these people and I’m only grateful!”

-Anonymous¹⁶

❖ **Have value and gratitude.** Having a sense of thankfulness that you are safe and sound and that there is a roof over your head in these times is so underrated. Jotting down the things you are grateful for would help and actually make you realise how minute your problem is as compared to what the world is going through right now.

❖ **Journaling.** It could be about anything; what do you want to do once this is over, things to learn, ranting about your feelings. Anything.

❖ **Lend a helping hand.** Help each other, whenever you can. Live in harmony. This is not a race where only one wins; we all will win when we battle this disease. Buying essentials for someone who cannot step out, calling to check upon each other, it could

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¹⁶Covid memoirs

be the smallest of the things to make sure of one and everyone's well-being. Exhibit empathy for one another.

- ❖ **Structure your day.** Having a routine is what keeps us sane. So even though we have it sit at home, having a routine is important to have a sense of clarity and give a sense of relief that what task is to be done when. Say, for office hours, stick to doing that work and not engaging yourself in other activities. Pre and post office, give clear priorities to any other tasks.
- ❖ **Be a realist.** When I say this, I necessarily don't mean that you have to be 'negative' or 'stop keeping hopes that everything is going to be okay'. Rather, just accept that this can stay for more than we imagined; there are talks about the third wave to hit countries soon. Structure your months accordingly, find alternative sources of income and keep yourselves well prepared.¹⁷

The *crisis* that needs to be addressed is our mental health. Personally, it breaks my heart a little when time and again mental health has gained importance only when we have reached the extremes. It is something that needs to be addressed on a more regular basis without an ignominy.

Covid-19 has not only led to physical health risks, but mental health disorders have been at its peak which has been a collateral damage. Countless organisations and renowned personalities offered help by giving insights and asking people to reach out in case of waning mental health. Getting in touch with professional help is the best way to tackle the anxious mind.

"Anxiety's like a rocking chair. It gives you something to do, but it doesn't get you very far."

-Jodi Picoult (American Writer)

I had immense happiness to see the everyone stating 'we' instead of thinking about one person while addressing the issue. It gives a sense of security to see such support.

A simple check in with your closed ones could go a long way for people to feel acknowledged. Being kind, to yourself and to the world is what is needed right now. Always remember, a healthy mind leads to a healthy life. Even during the times when people got infected with the virus, along with physical weakness, the challenge was to fight the fear and

¹⁷ <https://www.unicef.org/serbia/en/how-cope-new-situation-during-COVID-19-epidemic>

ensure a good mental health for the patients to recover completely. Lockdown itself was unbearable; staying in complete isolation for those 14 days definitely leads to negative thoughts. In cases where it hit the whole family together, not being able to support each other and seeing each other ill could put the affected in excruciating pain. Being able to hope for good days seemed unrealistic but important.

“For me, being inside those 4 walls kept my mind closed too. Moreover, losing out on my close family members shattered me. By sharing how I felt, my family supporting each other throughout, thinking that wherever he is, he would be happy seeing us together, doing my art and illustrations helped me immensely.”

-Anonymous¹⁸

The **greatest dilemma** lies here- accept this ‘new normal’ or think of it as a phase which will pass and things will go back exactly the way they were, or will they, ever?

It is not like the world had been not struck with a pandemic in the past, but each time it did, it has remade the world and the process has never been the most desirable one. So, it would be safe to conclude that this is a painfully long phase and it shall pass but we would not ‘go back’ to something, there will be changes which are important and will stay with us, paving way for a new world altogether.

Another question is, which new habits will stick around after the pandemic is over? I think it’s safe to say that people will quickly flock back to restaurants and bars, weddings and funerals, vacations and graduations once everyone is vaccinated. But these takeaways from the pandemic will reshape the world to be a better place.

-Always save money. Yes, being spontaneous as well as investing money is vital but also saving money for uncalled catastrophes has been the biggest lesson to learn.

-A hybrid of working from home and going to office could be the future of the corporate world. Both scenarios have their pros and cons and I think their synergy would help the businesses work and grow.

-Never take the little things for granted, spend more time with the people and things you love.

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-Always be ready for changes. The more adaptive our behaviour, the healthier our mind.

*“We long to return to normal, but ****normal led to this****. To avert the future pandemics we know are coming, we **MUST** grapple with all the ways normal failed us. We have to build something better.”*

– Ed Young (Science writer at The Atlantic)

Initially, I thought the essay is going to be nothing but me jotting down my whole frustration, but through it but then I realised, it took us a pandemic to get in touch with our reality. Without any doubt, it exposed the deficiencies in our workings and desperately begged for extensive transitions to be made, within and outside.

Things are wobbly right now, and it could seem that the future is a wreaked havoc, but we have to be prepared while keeping our heads high; We're in this together, let's pledge to make it through and build this new, blooming world a better place to live in?

I would like to quote the line I always find reassuring from my favourite series-

“Life is unpredictable. Not everything's in our control. But as long as you're with the right people, you can handle anything.”

-Amy Santiago

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