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How I dealt with COVID-19  
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### ***How I Dealth With COVID-19***

The lives of children have undergone a significant change in the last two years due to the COVID-19 pandemic. According to the COVID-19 Pandemic Adjustment Survey most kids in Australia aged 0-18 had higher levels of depression, anxiety, and stress. The rate of alcohol and smoking consumptions had increased due to the inability to cope with COVID-19. Whilst the pandemic caused a lot of distress to children worldwide I have some suggestions of my own which helped me cope during the constant lockdowns. For example, I was able to adapt and find new ways to communicate with friends through messaging apps, and counseling provided by the school helped me share my feelings with others to help them understand what I was going through.

During the COVID-19 pandemic many children had to undergo online learning due to the contagiousness COVID-19 which was a difficult situation for them. Some children managed to adapt to online quite easily but others struggled to learn from a screen. Personally, I found online learning as a good way to get COVID off my mind. To address this, our teachers would try to keep us active and engaged by doing lots of activities and games with our classmates. I found that by looking at online learning as just going to school like normal made it easier to adapt as I still saw my friends every day and we could call each other after class as if we were still in school together. Activities provided by teachers helped many kids cope and altogether eased the thought of COVID. This benefitted with everyone's mental health as it allows everyone to support themselves and their peers.

In addition to doing our classes online another concern brought forth by the pandemic was the loss of interaction with others and a decline in social activity. However, with the use of technology my friends and I were able to adapt and find new ways to communicate and play with each other. This was possible through the use of IM (instant messaging) and other social media apps. By communicating with friends through messages it felt like everything was still the same, despite the lockdowns. Technology

can help us stay in touch with our friends or provide us with task or reminders that can improve our mental health.

Apart from online learning and concerns of social activity, there was also the lingering issue that was uncertainty. During the pandemic many people found themselves anxious and depressed mostly brought on by the stress of the unpredictability of lockdowns and containment measures used by governments worldwide. I was able to get through this issue due to access to student counselors at school, and emotional support from friends and family. I feel that if you have any worries or concerns you should definitely share them with someone you can trust, thus alleviating some of your anxiety and making things seem more normal.

All in all it is no surprise that the pandemic was difficult for children and adults all around the world, but even when things seem bleak there are always ways to deal with it. Some ways I dealt with my problems were to ask a trusted adult or to have a chat with an old friend. These actions made my day better and helped me persevere through hard times. Small things like this can make a world of difference and if you're feeling anxious about something, or you're finding it difficult to adapt to a new learning environment then don't be afraid to reach out to friends and family to help you through it