Voicing a Crisis: Rhetoric and Reflection

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Even though social distancing and the availability of information are important ways to keep our people safe, it is necessary to be careful that we don't overload on information and still provide people with economic support. Although we may find ourselves in a very difficult time at the moment, we are not the only ones, it's the whole world. And because everyone is effective it’s also very important to try and stay at peace, to practice self-care. Many people at this very moment in time are praying hard that their economic status does not worsen. People have bills to pay such as car insurance, car payment, food, gas, electricity, garbage pick up, rent, water bill, school expenses, children's needs, their own needs. There are a lot of funds and payments people have to commit to and at this moment in life, it's not the time for people to lose jobs! There are families who rely on their incomes just to be able to eat and have a place to sleep.

People have been laid off due to the lockdown and pandemic that we are currently living in. COVID-19 is so dangerous and infectious that many jobs have closed because there can't be any group gatherings. People have been laid off, whereas on the other hand there are still people out there battling to earn the money that they need while also worrying about being exposed to any harm. Americans are worried about something that is not in their control, but there is someone in control of this and that is the government. The United States government has the ability and resources to either find the cure to this deadly virus or to at least provide our unemployed people with extra cash. I mean, what money are people gonna use to support their families over these months? People are going to be using money that they had other plans for. This is going to have an effect on them, though it’s something no one can avoid. As I was reading Lynn Ungar’s poetry on our pandemic, It stated “ Promise this world your love- for better or for worse, in sickness and in health, so long as we all shall live.” This piece of poetry of Lynn stood out to me a lot because it is what tells the reader something, it lets us know that no matter what may go down in this world nor whatever may happen; this is still the world that we shall all live in and no matter what we shall have a love for it in the good and bad times. We shall always find the love we hold for this world even though it can be unfair and bad in certain situations because at the end of it all this is the world we exist in and gives us better opportunities each day. Our Country has evolved over the years in so many ways, it gives us so many opportunities and ideas of what to do even when we’re bored. I feel as if there is a lot to do however the people are the ones that just don’t take advantage and take good care of these opportunities. It’s a world we should all be proud of even at its worst times!

Have you heard of fear of the unknown? Yes, that is exactly what our population is also going through. The news and all of the outside voices surrounding us, if we listen to them our thoughts will just continue to run on. And that is what makes it unhealthy, having our thoughts run on and just bringing in more nervousness and trauma into oneself. People tend to pay a lot of their attention to the outside voices and lots of information being brought up on the news, however, it’s also creating loads of anxiety and more fear amongst the population. I know of so many people who are watching and obsessing over the Television for daily updates and news but instead they end up creeping themselves out even more, and later on, find themselves more afraid than how they were before. Giving their brain more thought than what it already has. In the article that I read from the Los Angeles Times, it stated “Our Brains are wired to pay additional attention to uncertainty..” and what this sentence is basically stating is; our brains are wired to paying attention to extra uncertainty which is useless information. This is why it’s better to lay our eyes off the television. It’ll allow people to get a break from the whole situation and really just give the people time to take a step back from all of the chaos that's going on elsewhere. I hope people will look back at the situation and really think of it as a smaller problem than what it really looked like on Television news. Paying attention to uncertain content, especially about this pandemic, it will leave you with a mix of intense emotions that really have no purpose. It is indeed unhealthy and useless; we have to protect ourselves before anyone else. And oftentimes, when something so big and global happens like this pandemic, for example, it gets so much popularity... from there millions of stories are brought up from the media, tv reporters, etc.. eventually it just gives the people who are watching the news/media higher levels of acute stress than those people who were actually targeted by the virus. It’s like, the news and the media make it more of a bigger deal than what it already is, and that is something that shouldn’t be done but anywho it still happens because that is something they get an income for as well.

As I was doing more research on this pandemic that has been going on, I wanted to know more about it and the effects that it’s had on the rest of this world. And I actually ran into this website online titled “The Washington Post”, and it is an informational, news article that expresses the fact that three months into this Coronavirus pandemic, America is on the verge of another health crisis, with constant daily doses of death, isolation, and fear generating widespread psychological trauma. The news article is trying to warn us that another historic wave of mental health problems is approaching. Mental health problems such as depression, substance abuse, post-traumatic stress disorder, and suicide. These are all Mental health issues that have been developing over this quarantine with such loss of jobs, families starting to figure out ways to buy their necessities, this is all a matter of stress that then builds up to other things that can lead to nowhere good.

Knowing that other people are going through a lot more than I can imagine at this moment, I pray for the world. I just pray and wish that our businesses, daily routines go back to how they were a couple of months ago. I feel as if our economy has decreased significantly after many businesses started to shut down for the safety of others. I know a handful of people who lost their jobs even though that was their only source of income. And seeing people that I care for go through these tough times, it makes me feel not so good. However, I am forever thankful that even though this pandemic is going on, my parents are still hustling and making sure they’re making an income in order to support my family. I strongly feel like I have been blessed with this quarantine because I imagine seeing my parents lose their source of income and that is something that would really bring me down and make me feel so much stress and frustration for them. I praise that soon we are all able to return to normal social life and see the peers that we want. I hope that this pandemic brings us positive and healthy vibes since there are many plans ahead that we all want to get to! In the meantime, let's care for others, cherish the time that we have back at home and with our families! Bigger and better things to come, hopefully!