

Letter to the Editor

Second wave of COVID-19 pandemic is depressing: is there any hope?

Sir,

We read the article detailing the impact on the mental health amongst the residents of Assam during COVID-19 lockdown with a lot of anguish and concern.¹ The rise of second wave of COVID-19 pandemic is more unforgiving due to the high infectivity of the double mutant variant. The deadly cost of ignorance has compounded the misery aggravating the mental imbalance.² Hope seems elusive during the evolving crisis with highly constrained healthcare infrastructure, resources and high fatality.³

SECOND WAVE OF COVID-19 PANDEMIC IS DEPRESSING

COVID-19 pandemic had affected physical, mental and social aspects of life.^{1,3} The suffering and misery brought on by the second wave is depressing.^{2,4}

The ideology of “survival of the fittest” has been challenged. An individual with an associated medical condition or age-related risk factors had increased susceptibility to get severe disease. A healthy, fit and vaccinated individual was likely to survive the pandemic. However, paradoxically a young healthy person with no medical comorbidity, good dietary habits, strong immunity and balanced lifestyle have commonly fallen prey to the virulence of the mutant virus.

A normal healthy individual's hope to survive the pandemic has taken a hit.⁵ A grim un-certainty prevails with overburdened health care resources and poor societal support. The hope dwindles further as the changing transmissibility of virus enhances the chances of affection with inappropriate COVID-19 behaviour.² The heightened depression triggers a significant psychological impact on the wellbeing.^{1,4}

DO WE HAVE ANY HOPE IN THIS PANDEMIC?

Eternal hope exists as we learn new lessons.^{3,5} We have hope in the healthcare professionals who are fighting selflessly in this war like situation. The health care system has been adopting, improving and innovating to the demands and vagaries of the present chaotic situation. The family and societal support may allow one to overcome the grief and compassion may strengthen the mental resolve. The COVID-19 survivors who are willingly helping sufferers by their indomitable spirit

gives hope. The deeds of a good Samaritan with their selfless contributions evoke the eternal hope.

The second wave of COVID-19 pandemic is depressing but eternal hope will be needed to fight the battle. Hope should never fade and it should nurture and nourish the mental wellbeing with positive outlook. It will be prudent to follow the COVID-19 appropriate behaviour set by respective governments. The continued use of face masks, maintaining social distancing and following the specified guidelines with a responsible social liaison will help tide the impending waves of the pandemic. The hope generated today will channelize resources to overcome the challenges of tomorrow.

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