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Week Three Journal

Man oh man each week seems like a month and each day seems like a week at this point during the Corona Lockdown. I wanted for this week not so much to give an update on what I have done, but discuss a few issues that have been brought up through the week. As usual I am still working and going through grad school, so some of these topics came from experiences there and home.

First, off we all know that this quarantine is doing a number on everyone's mental health. For some of us we are going stir crazy at home with our families. Of course that might drive us a little crazy after a while, but we can deal with it. For others though this time of uncertainty has caused more problems mentally than most know. Whether it is old issues flaming up or new issues caused by all this there are people suffering. In my area there has been many restaurants closing and the owners are quickly losing their savings and livelihoods in a matter of months. Due to this there has been a string of suicides. The loss of a business is one thing, yes it took years to build and mountains of money, but a life is one thing that is worth much more than that. These business owners are not big wigs in multinational corporations. They own family run businesses here at the beach. Right now more than ever remember that if you feel stressed out or not in control don't do anything rash. Because the pain that is left in the wake of that decision is tremendous. Everyone right now feels out of sorts, so talk to someone, probably best if it was a professional, but if you need to start with a friend start there then go see a professional.

Second issue of the week is, in the local schools there was a program set up for students could still receive lunches if needed at certain locations. This program came to a halt because a few members of the lunch room staff tested positive, so the whole program was shut down. Since, that has happened

it is estimated that at least a few thousand will not have lunch. In response a few restaurant owners wanted to feed the kids or provide food to help. After, days of looking for an organization to help get the food where it needed to go there is still no organization willing to take on the project. So, the food sits in coolers and freezers waiting to feed the kids. One, huge issue is people do not want to be blamed in case Covid-19 spreads and they want to make sure that there are safety protocols in place. But at this point I am annoyed by the bureaucratic nature of the situation. The kids need food, so get staff that have tested negative kitted up with safety gear. Do curbside pick-up no physical contact and get the kids food.

I felt like these topics needed to be addressed because my grandfather always told me "When you feel down and out look around. There is someone that has it ten times harder than you." With mental illness we need to keep up with people check on them. When it comes to the needy and helpless they still need our help. And if you are going through a rough patch try helping someone else out. It might take your mind off of your problems, but your help could be what that person needs to get out their rough patch. So yeah go help somebody.