

KAWARTHA LAKES-With masses being vaccinated and the Covid-19 casualty declining, I felt that the light at the end of the tunnel was nearby and I began to let my guard down. But just when I began to relax myself trusting in all the precautions I had taken, I felt a rush of high blood pressure and a tension headache when I heard about the Omicron version of Coronavirus. An epidemic that started in 2019, came back as Delta, later in 2020, and we managed to dodge it. Now in 2021, it has come back as Omicron. It seems that the obstinate curse of Covid-19 doesn't want to go away. I know, I am not alone with this anxiety.

Being a professional in the field of mental health and having been trained to recognize and manage my own negative feelings, I found myself surprised with my own reaction to the arrival of Omicron type of Coronavirus. I felt like shouting-out, "How long, O Lord, how Long!". Of all the people, I was supposed to be an expert, a stronger one, and I was supposed to be technically competent in handling my negative emotions such as fear, anxiety, anger, frustrations, yet I began to cave into my own anxiety and depression due to the never-ending life of this virus.

Having taught others in managing their stresses, anxiety, emotional fatigue and burn-out, now I was facing it myself and not handling it very well. Prolonged stresses have a way of wearing us out and causing emotional fatigue, so I reached-out to a friend. Thanks to a fellow professional and a friend, recognizing the sign and symptoms of anxiety-depression within me offered the necessary mental health support. The intervention was timely, and helpful and I bounced back. It was then I realized that if I as a seasoned professional could fall victim to Covid-19 anxiety, then there must have been many non-professionals too who must be struggling the way I had struggled.

Interestingly, negative emotions have a way of creeping in within our lives, without us even being aware of it. Generally, the negative emotions start with one negativity and then slowly, even without our knowledge, a bunch of them get invited to invade our mind, making