

**Resilient Youth:
*Emotional Wellbeing
in the Wake of the
Covid-19 Global
Pandemic***

**Stories of Reflection and
Resolve from the Trenches**

Lisa La Bonté



Dedication

To the youth in this world facing an uncertain way forward and endeavoring to find their way each day amidst the upheaval, you are admired and loved.

You got this!

To a world that has many ailments, Godspeed.

This book supports the UN Sustainable Development Goal (SDG) #3 Health and Wellbeing (for all by 2030).

It IS a Small World, Afterall

For many reading this book, nearly all shared a common bond before sharing a global pandemic.

On December 31, 2019 we were gathered across the globe, somewhere, alone or with a significant other, friends, family, and maybe strangers, as we celebrated the coming of a new year – the marvelously round number only added to the allure and optimism. 2020 represented a new decade – one with fresh resolutions, grand expectations and plans. And, literally, now, 2020 represents ‘hindsight’. Looking back, 2020 started out well enough for many.

Change was Airborne

By the end of January, word – and an unknown, highly contagious virus was beginning to spread to all corners of the globe. Fast forward the past nine months (give or take) and Covid-19 has impacted –and inconvenienced – citizens worldwide – some obviously hit harder than others. Over 50 million globally have been infected, an estimated 1.2 million people have perished – and fortunately most have recovered over time.

And, through it all we questioned how and when our lives would return to some semblance of normal. For some of us our anxiety grew, we became stir-crazy and depression may have even set in. Still others managed change, learned to cope, and even rise to the challenge of the current circumstances.

And it turns out, introduced by this book's resident therapist Viva Goettinger, there's a psychological term as one rises from proverbial ashes, too.

According to Psychology Today magazine:

Posttraumatic Growth *“is the positive psychological change that some individuals experience after a life crisis or traumatic event. Posttraumatic growth doesn't deny deep distress, but rather posits that adversity can unintentionally yield changes in understanding oneself, others, and the world. Posttraumatic growth can, in fact, co-exist with posttraumatic stress disorder.”*

The purpose of this book is to spur introspection and expanded self-awareness to enable healthy perspectives.

As you will soon see, this book maintains an overall theme of 'uplift' in an attempt to focus your attention away from the downer of Covid-19 while engaging your mind to nudge a pivot to the positives, to facilitate wellbeing or, if you prefer, to 'make lemonade.'

Table of Contributions

No News is Good News by Ayomide Ajakaiye, Nigeria	15
Note to Self by Olivia Zhi Hui Toh, Malaysia	18
Pandemic Poetry by Dylan Safai, USA	26
Decided Advantages of Down Time by Augusta Villalba, Ecuador	35
The Grace of God by Gracia Jeniefer, India	38
Life Flows On by Ryann Chalmers, USA	49
Close Calls by Sofia Bacanu, Romania	54
Making the Most of a Holding Pattern by Vivien Dimitrov, New Zealand	60
Life Changes by Fitia & Aro Robson, Madagascar	64
Finding the New Comfort Zone by Neo Mokhakala, Lesotho	68
Leap of Faith by Dhruv D'Souza, India	74
Keep Calm and Carry On by Katie Chu, Taiwan	80
Emotional Victory by Niharika D'Souza, India	88
The Sun Always Rises by Gladys Sophia, India	96
The Comeback by Moipone Selepe, Lesotho	102
Counting Blessings by Neha Varadharajan, India	108
Upward & Onward by Sydney Rico, USA	114

Tough Love & Guidance for a Good Life

Fatherly Widsom by Ahmad Jobain

Mind over Mood	118
Learn to Rely on Yourself	126
Hone your Personal Power & Fortify your Future	130
Failure is a Word not a Sentence	134
You're only as Dumb as You Believe	143
Selfish Sensibility	146
Ready, Aim, Shoot!	152
Celebrate Publicly, Complain Alone	156
Choose a Great Mentor	160
Neither a Servant nor a Stalker Be!	167
Read Rapaciously, Learn Lasciviously	170
Make a Plan & Accept the Consequences	174
Avoid Perfection	177
Make your Place & Be Seen and Heard	180
Minority Rules & Identity	184
Dare to Be Different	187
Life Isn't Always Fair	191
Your Body Speaks Volumes	194
What's your Hurry?!	198
Listen, Think, Speak	202
Humility is Overrated	207
Perspective & Perseverance, a Powerful Combo	211