

YOU ARE A PANDEMIC HERO

What would you do if you were placed in a situation in which you had the opportunity to act bravely?

It would be a rare person who has not wished the chance to be a hero. There are many academic definitions of heroism. Most agree that the primary traits of heroic behaviour include bravery, selflessness, helpfulness and determination. Anonymity is also a significant element of altruistic deeds. The creators of your favourite childhood superhero did not overlook this notion. These imaginary champions donned costumes and masks in order to conceal their identity since heroic deeds are performed without the expectation of recognition or reward.

A pandemic places us all in a position of having the nature and strength of our character tested. If you are not fearful, at least to some degree, you are ill informed. Fear of the unknown is the cause of anxiety, and the course of a pandemic is uncertain. Anxiety, the by-product of fear, is a normal and healthy emotion. However, you cannot be brave if there is no fear to overcome, and a hero acts in the face of fear.

Who are the heroes during a pandemic? Generally they are not professional athletes or famous actors and musicians. The work of most celebrities provides a distraction from our concerns, but their contribution is not intrinsically valuable to our survival. Conversely, chances are your work is important to our day-to-day existence. By doing your job in a time of crisis, and accepting a degree of personal risk, you fulfil the definition of being a hero. Moreover, like a true hero your identity and contribution will in all likelihood remain unknown and unrewarded.

Your thoughts and feelings, including fear, do not determine who you are. What you do everyday determines who you are. And for those who continue to do the work that keeps our community and world working, thank you. You are a hero, whoever you are and where ever you maybe.

Anonymous