

Pandemic of Hopelessness (pg. 1)

What do you think of when you hear the word 'Pandemic'? I bet the first thing that comes to mind is COVID. Right? But what about hopelessness? Does that even cross anyones mind when they hear 'pandemic'. Probably not, why? Because people don't see hopelessness or if they do they don't care or even just don't know how to treat it and slow it down like we did for COVID.

Have you ever felt hopeless about something to some degree or another? I sure have, even to the point at my lowest, I just wanted to give up but my purpose here is not yet complete. Now look around you and what do you see? Now really take a look and listen to those around you and what do you see and hear? Do not deny it, but I bet it's hopelessness, Right? So now do you see what I mean when I say we live in a pandemic of hopelessness worldwide?

People try to mask their feelings in many ways all the time, so hopelessness can be tricky to notice. But a lot of time people feel hopeless over small things and these are harder to even notice because we as a society think hopelessness has to be something huge.

So where does it come from? Can we catch hopelessness from the air like COVID? No. There are many factors that come into play in one's life to feeling hopeless such as: their environment, mental health issues, family issues, loss of loved ones or friends, job issues, and the list could go on and on. People feeling hopeless may also feel; sad, depress, shame, lonely, powerless, vulnerable, and this what I was talking about when hopelessness can be tricky to notice. But feeling hopeless at one point or another might have felt; happy, hopeful, proud, accepted, confident, inspired, loved and optimistic.

So in closing, I leave you with this to think about. Have you ever felt hopeless? Have you ever
(continue on pg. 2)

Pandemic of Hopelessness (pg. 7)

Known anyone else that has felt and talked about being hopeless? Do you see others around you, hear others around you talk about feeling hopeless?

Now, do you think we have a pandemic of hopelessness? And what can you and I do to be pro-active to lessen that pandemic of hopelessness in some way?

So until pen meets paper again, keep expressing yourself, keep writing and keep being you.

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3-6-2023