





# THIS, TOO, SHALL PASS

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Soon after the outbreak of COVID-19 in the UK, I received from my family and friends in Macau loads of information deemed useful for Chinese students there like myself. With the well-developed internet networking today, it is not difficult to be informed; rather, the difficulty is to have the ability to distinguish the real from the fake. The label “an overseas virus fighter” that was put on me added to the anxiety I felt during the quarantine times in the UK before my return to Macau.

Staying alone in Manchester, I worried all the time. Little by little these accumulated stressful feelings made things even harder for me. Should I stay? Or should I go? I changed my mind every day. Then a desire for efficiency popped up in my mind and I thought, “Maybe I should try to be productive!” With a timetable designed to make the best use of my time, I decided to deal with the bits and pieces that had been piled up for ages. I managed to tick off most of the items on my to-do list every day.

However, a week later, my motivation went down as expected. I soon realized I was so busy keeping myself busy that I had completely neglected most of the present moments. All the time I had been waiting for the next thing to happen and for a “solution” to pop up. Obsessed with the future, I was not the least aware of the need to live in the present moment.

Seeing the world slowing down in the quarantine times, I learned also to slow myself down. To get ready for the next stage, I would leave my work aside and spend some quiet time in the sunshine. Each time when my family or friends called me, I would patiently listen to them, treasuring the time we spent together though we were miles apart. I always felt thankful for staying alone and for a slower pace of life, offering me the tranquility with which to talk with God, who knows me better than anyone else on the earth.

Now that I have safely arrived home, I am so glad to see all the people I love and those who love me. The epidemic has indeed led to fear and anxiety and when it will come to an end is still known. However, as the saying goes, “This, too, shall pass”. So, let us all stay confident and positive in these testing times!