

BÖLÜM 3

PANDEMİ VE SAĞLIKLI YAŞAM

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Yaşanan pandemi süreci ile kendimiz ve sevdiğimiz için uygulamak ve uymak zorunda olduğumuz önlemler silsilesi, günlük rutininizde büyük değişiklikler yaratabilmekte ve bu da sağlığımız üzerine olumsuz etkiler oluşturabilmektedir:

- Pandeminin getirdiği evden çalışma zorunluluğu,
- Sahip olunan iş nedeni ile iş sürecinin askıya alınması ile yaşanan geçici işsizlik,
- Okullar ve üniversitelerin kapatılması ile çocukların ve gençlerin okul hayatlarına evlerinden devam etmesi,
- Virüsün bize ve sevdiğimizimize bulaş riski açısından yaşattığı korku,
- Ulusal ve uluslararası spor müsabakalarının askıya alınması,
- Pandeminin başlarında gerek yazılı gerekse sözel medyada yer alan ve doğruluğu sorgulanamayan haberlerin yarattığı korku ve karamsarlık,
- Çok sevdiğimiz aile büyüklerimiz, arkadaşlarımız ve çalışma arkadaşlarımız ile fiziksel temasın ortadan kalkarak, sosyal düzenimizin ciddi anlamda bozulması gibi nedenler bir arada değerlendirildiklerinde insanlar için ciddi sağlık sorunları yaratabilmektedir.

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daha sağlıklı ve mutlu bir şekilde yaşamanın kıymetini daha da bilerek geçireceğimiz günlere bizi kavuşturacaktır.

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