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RAPID DEPLOYABLE CORPS
ITALY

COVID-19

FACE THE PANDEMIC WITH RESILIENCE

E-Lecture by 1st Lt Angela BOCCASSINI
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Why talk about the psychological aspects of experiencing this moment of emergency?

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No man is free
who is not master
of himself

Man's main
concern (...) is to
see a meaning in
his life.



Epictetus



Viktor Frankl

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Man is a resilient being



Resilience is the ability to **repair after damage** and to be able to **reorganize one's life positively despite difficult situations**



TALKING POINTS

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Psychological impact of quarantine on people and **reasons why isolation affects individuals' psychological well-being.**

Main psychological **challenges of phase two.**

How to better **face these challenges.**

What is the psychological impact of these events on our lives?

"The psychological impact of quarantine and how to reduce it: rapid review of the evidence".

The article takes into consideration **studies conducted in the past on countries where quarantine has been introduced as an epidemic containment measure.**

Specifically, the studies examined were conducted in **10 countries** and included patients with SARS, Ebola, the 2009 and 2010 H1N1 pandemic flu, Middle East respiratory syndrome, equine influenza.

This review suggests that the psychological impact of quarantine is broad-based, and may be persistent over time.

SCIENCE

FACTS



What is the psychological impact of these events on our lives?

- ✓ In most of the studies taken into consideration, quarantine has **negative psychological effects**.
- ✓ Quarantined individuals were interviewed in all quantitative studies and most of these respondents had **high prevalence of anxiety and stress symptoms**.
- ✓ Five of these studies compare the results of the psychological effects reported by quarantined people and those reported by those who have not lived the quarantine. Those undergoing quarantine also present a **worse psychological picture in the medium to long term** than those who have not undergone quarantine.

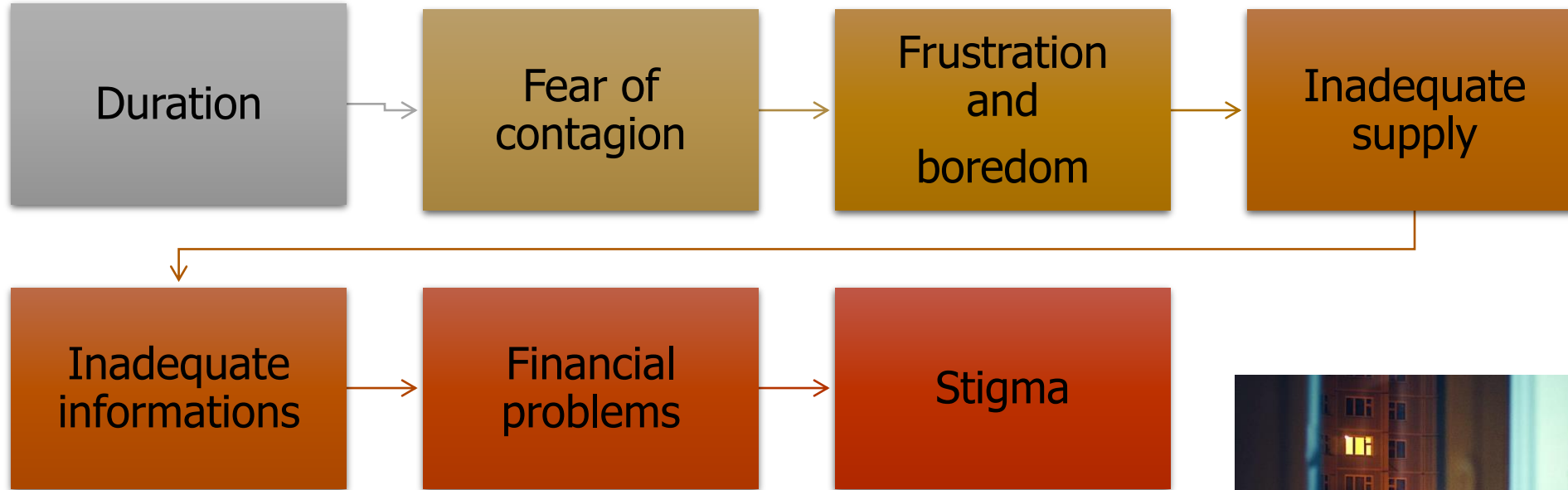
SCIENCE

FACTS

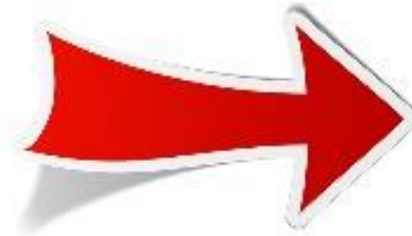
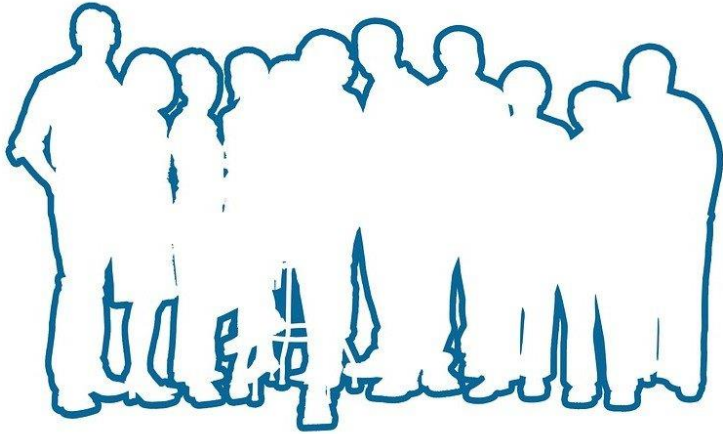


Stressors during quarantine

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Isolation and health



Risk of doubling the **levels of inflammatory markers** and of placing one's **immune system** in a continuous and dangerous state of alert and stress

(Eisenberger et al., 2017; Bottaccioli and Bottaccioli, 2017)

Condition of isolation



Significantly **reduce the risk of getting sick and mortality**, probably because of the positive effects on the immune system (Becofsky et al., 2015)

Feeling helped and receiving emotional support

Physical contact and emotional regulation

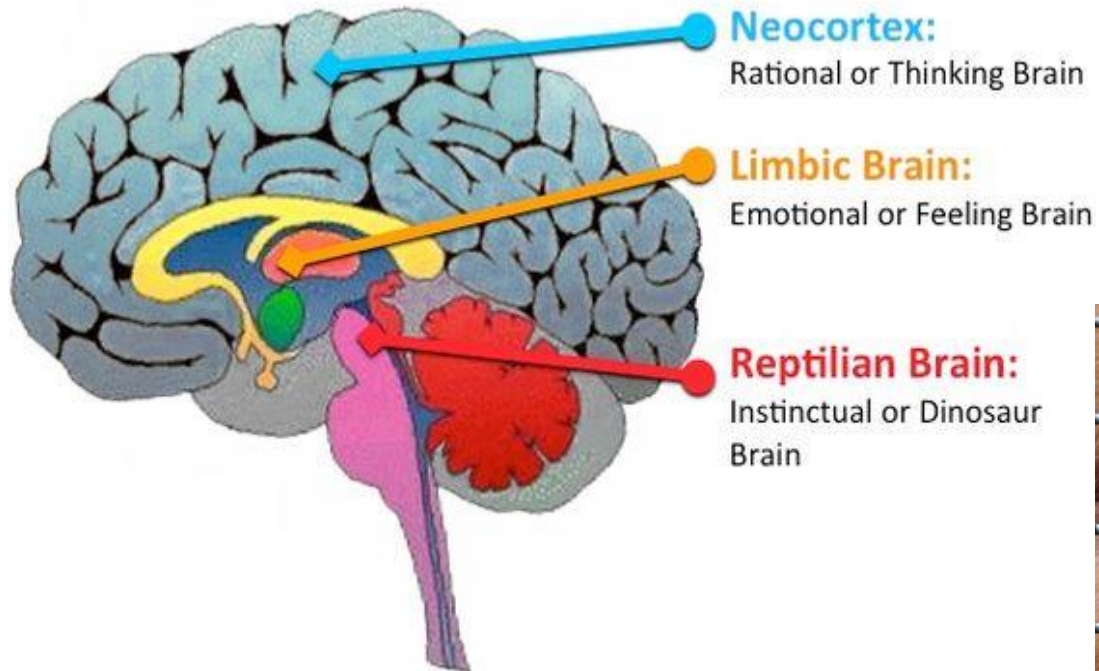
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Physical contact helps regulate the psychophysiological system and emotions, and we learn this from an early age.

The COVID emergency and the reptilian brain

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Invisible enemy



immobilized animal



people labeled as "infectors"

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**We are all experiencing
different emotions and sensations than usual**

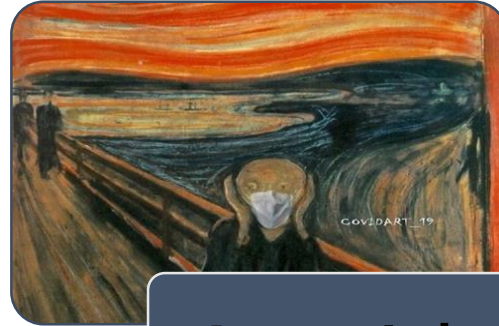


In most cases, these are **normal, necessary** and **functional** emotions.

When should we worry about our emotions?



Fear



Anguish



Sadness



Apathy



Tension



Uncontrollable
anger or
aggression



Worry

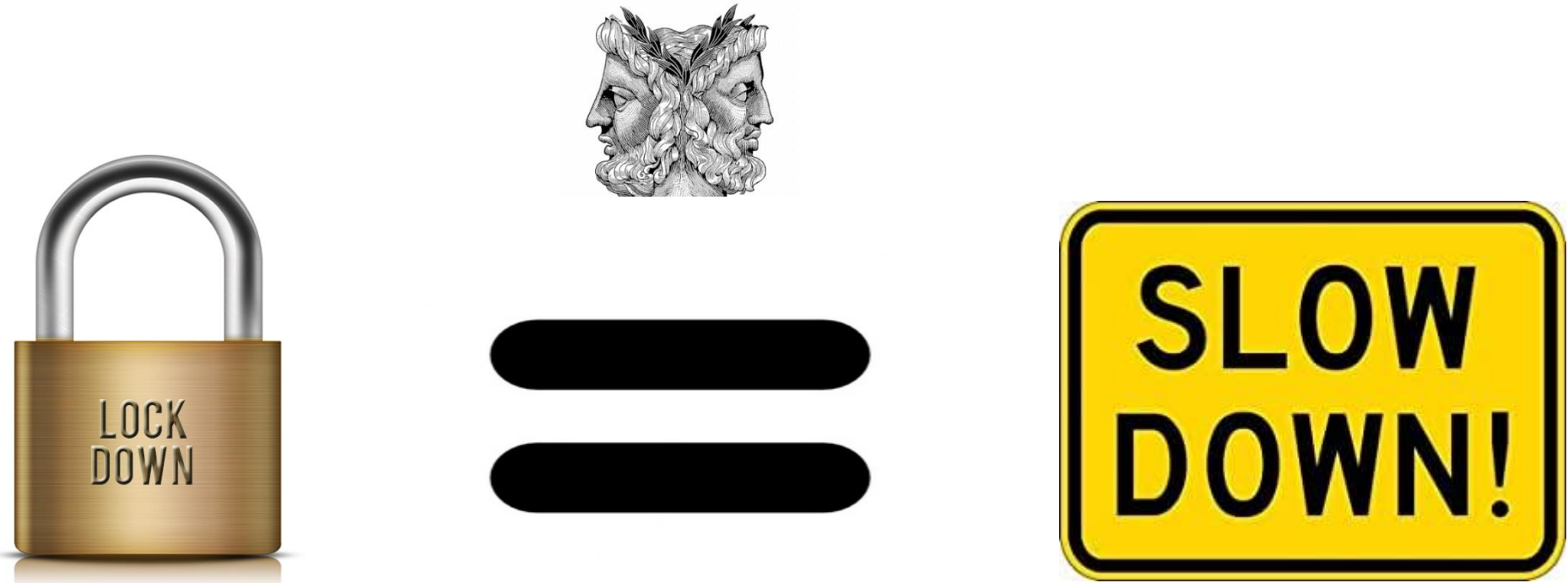


Anxiety

Every day, most of the time, compromising social or work activities

This emergency situation is a two faced Janus

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Are we learning something from it?

Phase 2 challenges: uncertainty

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The so-called "phase two", makes us look forward probably with less fear, but with more **UNCERTAINTY**



Dealing with uncertainty

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Avoidance

Live «here and now»

Don't run away from
your emotions.

Hyper-
involvement

We must **train ourselves to tolerate uncertainty.**

How to do? we have to **find a middle ground between** pretending that the difficulties do not exist (**avoidance**) and the compulsive search for information aimed at gaining illusory control of future events (**hyper-involvement**).

Phase 2 challenges: back to the *new* normality

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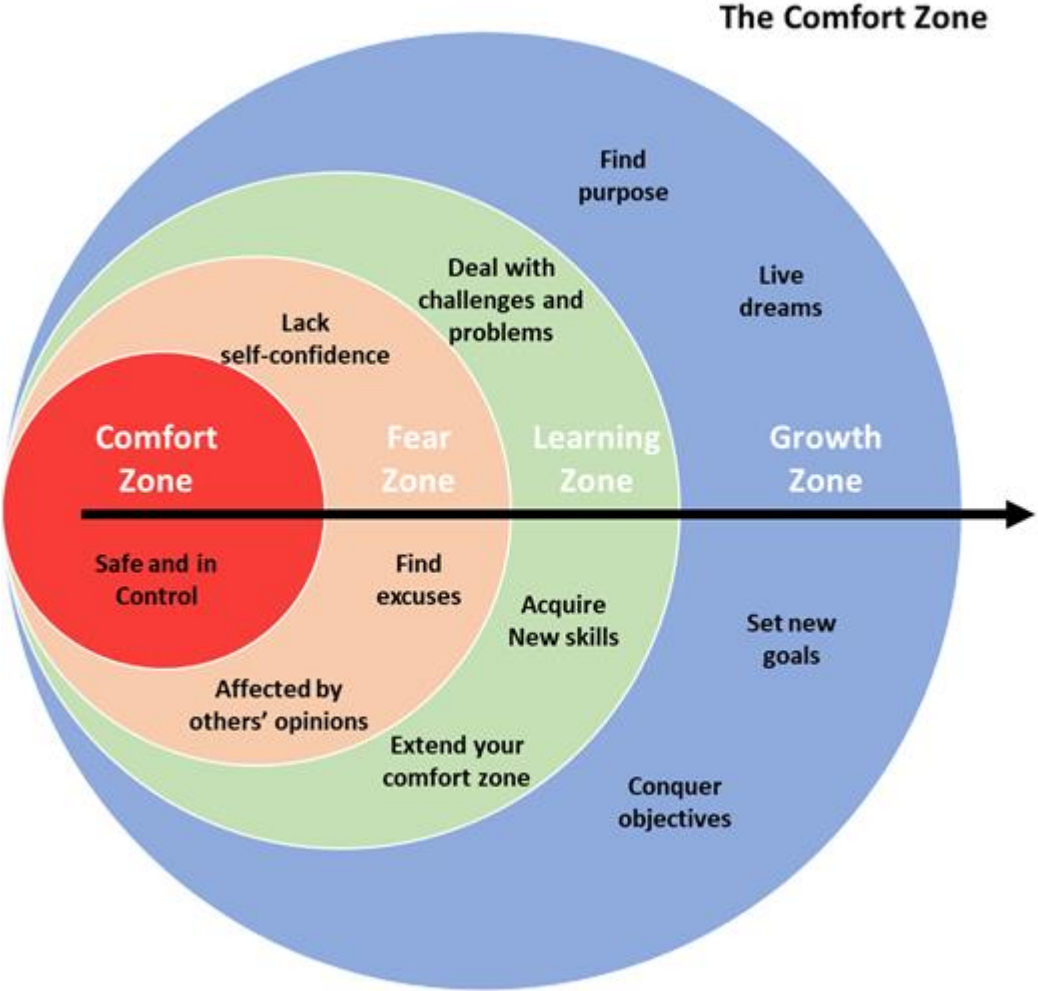


The return to the new normality is the second challenge imposed by phase two. This can generate conflicting emotions: on the one hand the **desire to go back to being active**, on the other the **fear of feeling overwhelmed by the new rhythms**

Hyper-adaptation and comfort zone

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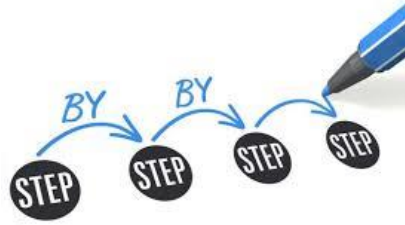
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Dealing with the return to the *new normality*

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Face the changes one step at time and set priorities.

Do not expect yourself to return immediately to the usual rhythm



Do not close in on yourself.



Talk to your family members and listen to them, to find together - rational or emotional - solutions to the difficulties.

Find support in your colleagues.

How to cope with stress during COVID emergency?

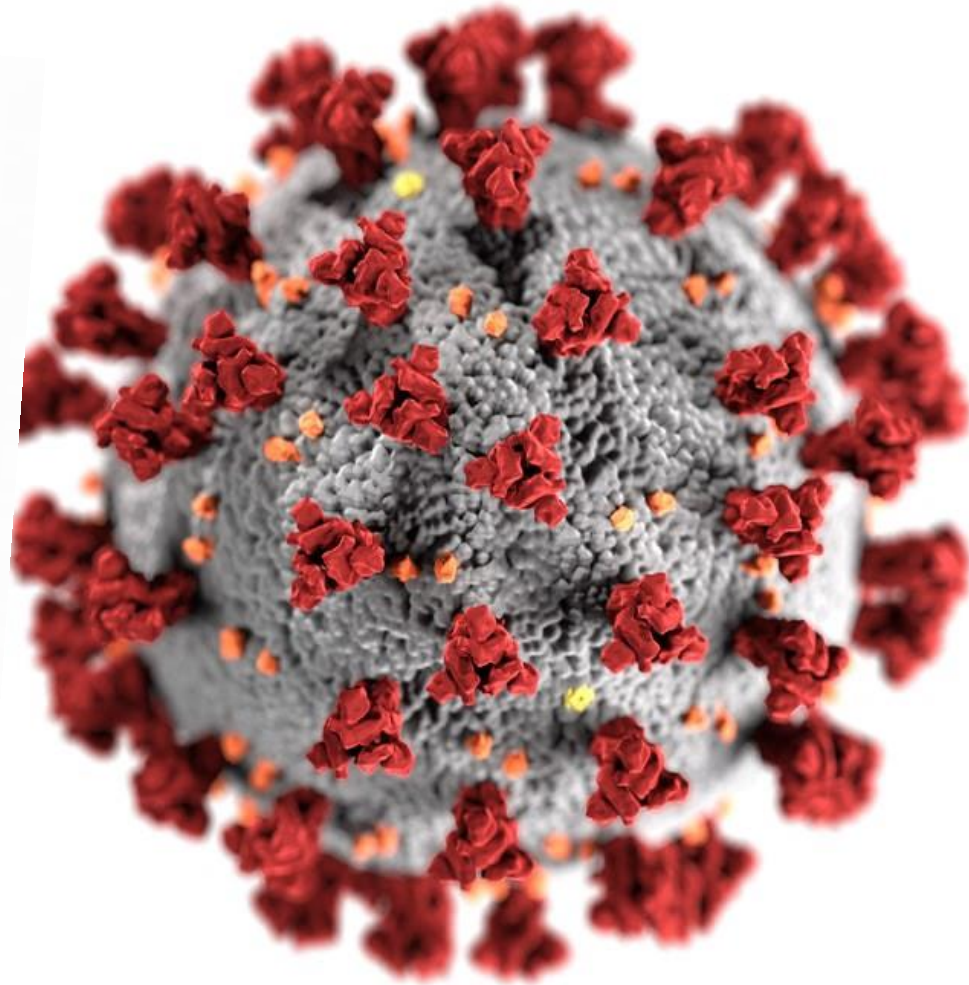
General tips

- ✓ Keep a **daily routine**
- ✓ Keep **active**
- ✓ Keep **in touch** with loved ones
- ✓ **Take care** of yourselves
- ✓ Read and share only information from **accredited sources**
- ✓ **Reduce the search for updates** on the emergency situation to **one or two times of the day**



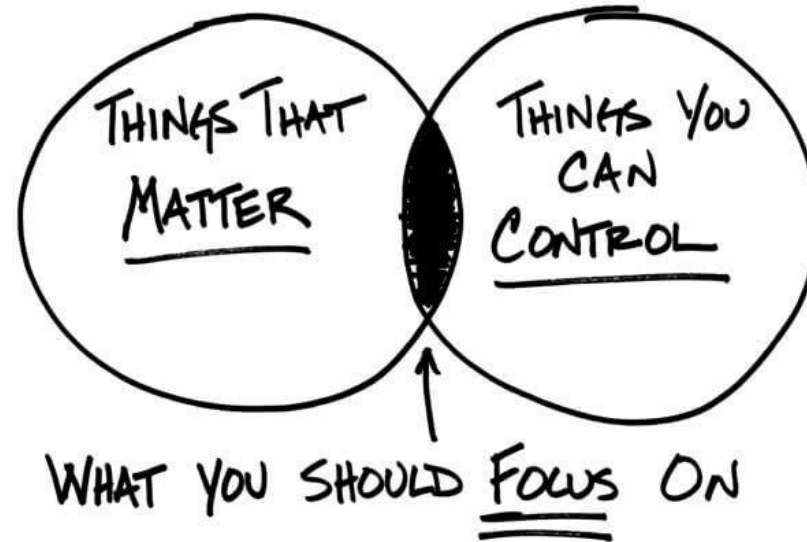
F.A.C.E C.O.V.I.D model by Russ Harris

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F= focus on what's on your control

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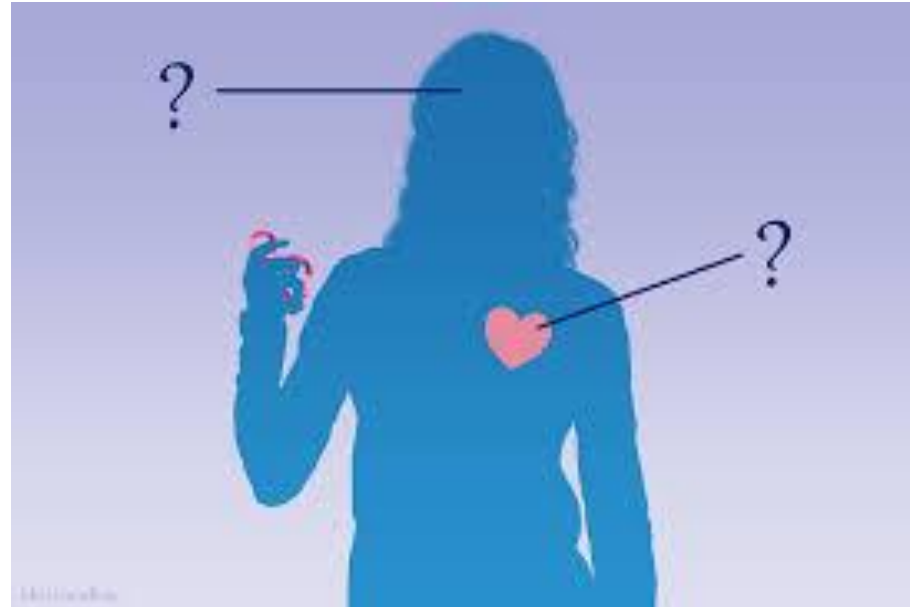


You **can't control corona virus itself** or the economy or what other people do.
You can't control your thoughts and feelings.
But **you can control what you do, here and now**. So, focus on that.

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A= acknowledge your thoughts and feelings



With curiosity, notice what's going on in your inner world.

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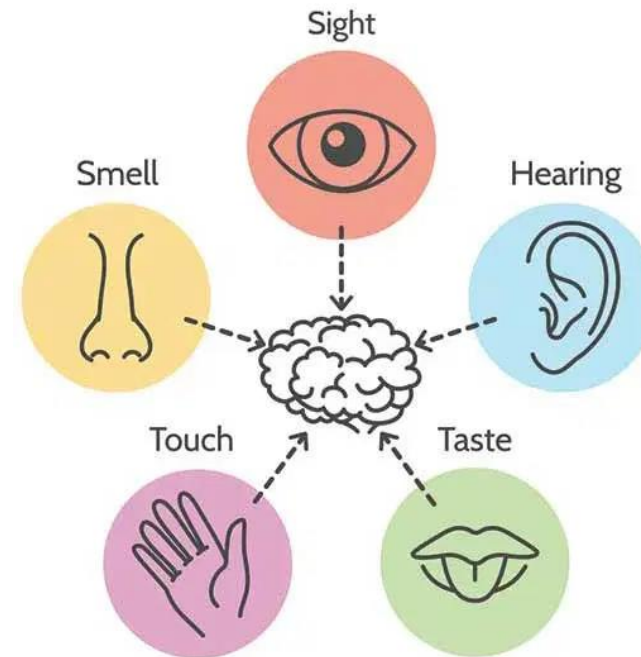
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C= come back into your body



Find your own way to connect to your physical body. You can slowly breathing, you might press your feet hard into the floor.

E= engage in what you're doing



Get a sense of where you are, here and now, put attention on the activity at hand. Notice what you can touch and taste and smell. Give your full attention to the activity you're doing

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C= committed action



This means effective action guided by your core values.

This means following the guidelines or do small and concrete actions to improve your life or that of those around you

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O= opening up



This means making room for the difficult feeling and be kind to yourself.

V= values

Values are 'desired qualities of behaviour'.

They are about who we want to be in the world.

What sort of employee, manager, co-worker, friend, partner do I want to be?



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WHAT KIND OF
PERSON DO I WANT
TO BE WHILE GOING
THROUGH THIS?

Many people can no longer do what is truly important to them, and for some, it is like taking their purpose, their lifeblood.

In this stressful time, it is crucial that we **reconnect with our goals and values**

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I= identify resources for help, assistance, support and advice

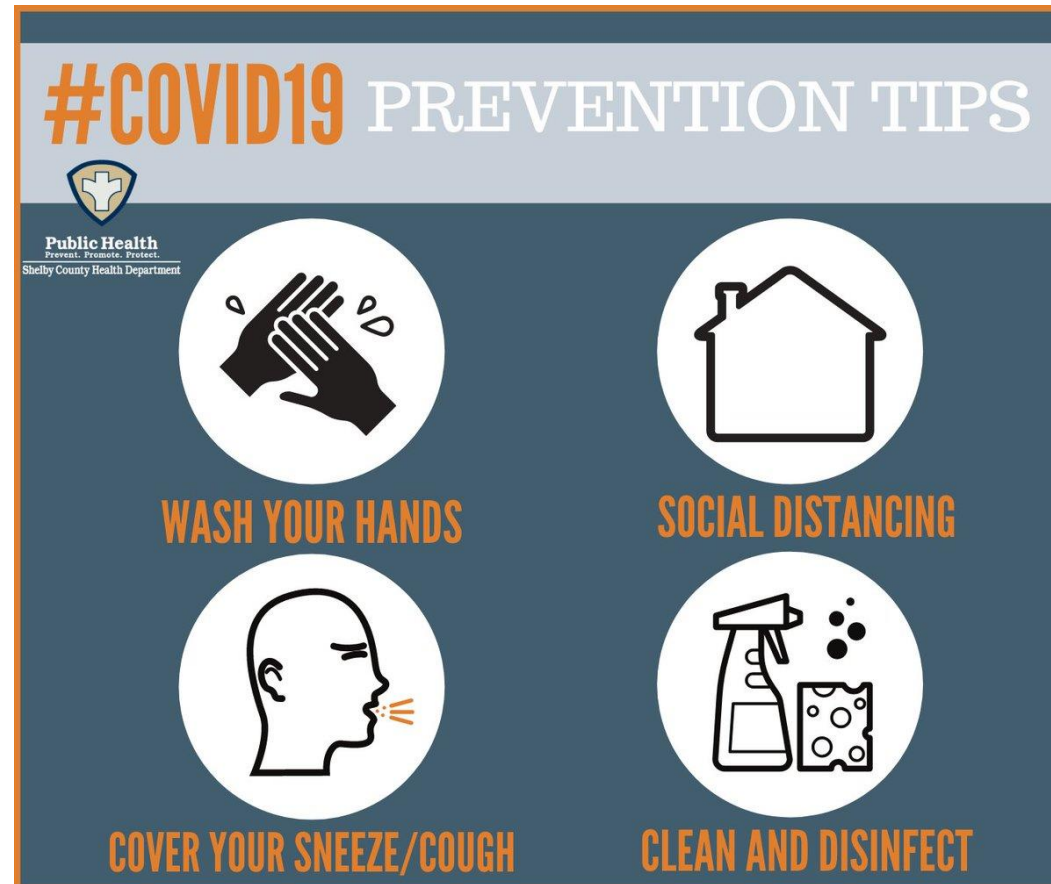


This includes friends, family, health professional.

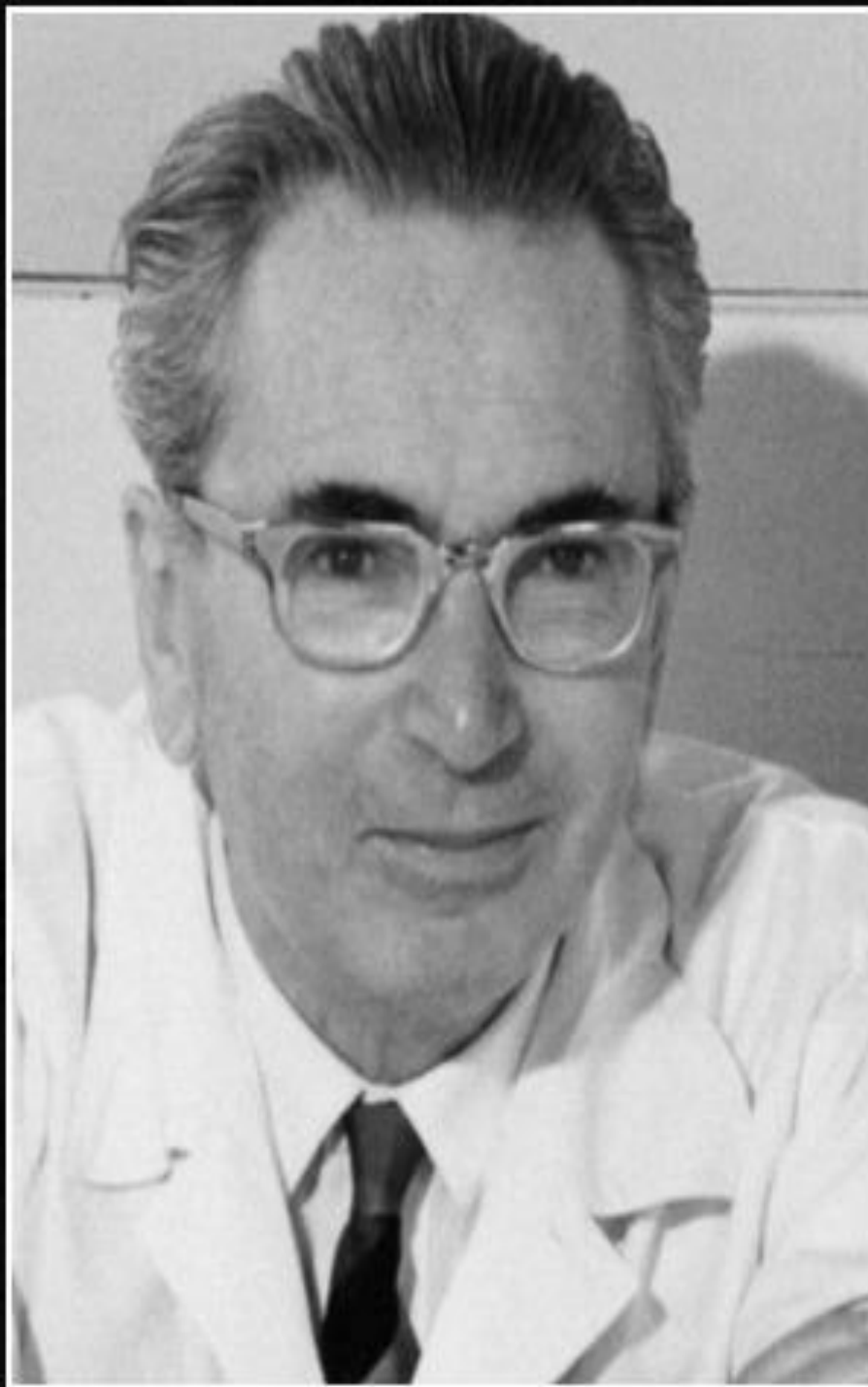
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D= disinfect and distance



Remember to disinfect regularly and practice physical distancing.



Forces beyond your control can take away everything you possess except one thing, your freedom to choose how you will respond to the situation.

— *Viktor E. Frankl* —

AZ QUOTES



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