**Coronovirus and Psychological Resilience**

We all feel anxious because of coronavirus. It is normal to feel stress and anxiety if we are unable to control a threat. Anxiety is a natural and functional emotion. Sufficient level of anxiety is needed in order to protect our surroundings as well as ourselves. If we do not worry at all, we fail to benefit from its functional side, which is protection. It would be more dangerous for us and for people who are at more risk, if we do not pay attention to recommendations for hygiene, not staying at crowded places and considering sufficient social distance.

Briefly, just as too much anxiety has a negative effect on our health not having anxiety at all can also have a negative effect. Taking the necessary precautions with a balanced concern will be our best assistant in this process.

We would like to share some suggestions, which helps us to increase our psychological resilience and resistance in this period.

•Excessive exposure to news about the danger of epidemics in television and in social media can trigger anxiety and panic. For this reason, get enough information from the right sources.

•You might feel the need to constantly keep tracking the news throughout the day, instead follow the news in a certain time, from a limited number of reliable resources. Excess news content creates mental and emotional burden.

•Keep your social relationships alive. Even if it is not physical, continued connection/communication with your loved ones will provide a stronger psychological resilience.

•Take an interest in books, sports, music, crafts and various fields of art.

•Keep your daily routines alive as much as possible.

•Pay attention to your nutrition and rest well.

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Reference: First four bullets of suggestions are taken from Turkish Psychological Association.