

Acceptance of the situation - the beginning!
"Anxiety is as big as your mind decides"

Found on the internet.

Acceptance. You might say it's banal.

But it's really the first step to finding control over the situation we're in.

Kubler-Ross, by studying the phases of coping with difficult situations, described the reactions of shock, anger or denials as initial ways of reacting to new and difficult situations. These are normal and natural reactions.

At the same time, she considered the next stage - acceptance – as an important moment in adapting to what is happening. She pointed to the need to recognize the reality of the situation with all its spectrum, which would allow for looking for adequate ways to manage.

Matthew McKay, therapist of Dialectic Behavioral Therapy, also turns attention to the huge role of acceptance, understood as recognition of the current situation, no matter what it is like in the process of coping.

Yes, it's the beginning. Accepting the fact that what is happening is real. We can't do it this way that by using the magic wand we will make the virus disappear and people will recover. Yes, we have to stay at home or be on the line of fire in ambulances or hospitals in the near future.

It is important to be aware of the thoughts that accompany us, such as "I can't stand it" or "I do not know how I can handle it."

Acceptance is also the realization and recognition of all emotions we feel in relation to this situation, e.g. anger, anxiety, guilt.

And now the most important, our action. Here, a real assessment of what we have influence on is important.

Our anger is not an activity that can really change anything. Thoughts as described above, in the long run make us helpless, drain our energy.

Matthew McKay writes: "Direct your attention to what you can do now. It will help you think more clearly and develop a better way to deal with suffering." And also Maxie C. Maultsby, a psychiatrist, the creator of Rational Behavior Therapy, wrote that we always have such an important tool as rational choice. We can decide whether we stick to our thoughts, emotions that do not serve us, or rather by accepting the current situation, we try to look for solutions, act adequately and realistically.

What can we do?

Realistically, we have influence on ourselves and how we will prepare for the next day's work on call in the ambulance or hospital. How will we approach the next day and prepare?

We can reorganize our life goals and adapt them to what is real at the moment.

As medics, most of us are aware that in this situation we can go out on duty and not return from it after 12 hours. It is very likely that many of us during our work will encounter a patient who has concealed information about his health and was tested positive with COVID-19. In this situation, the team is quarantined in the workplace. How to deal with this?

Firstly, let's talk with the loved ones. We will make them aware that such a situation can take place. Do not scare them, but let them get used to this thought.

Secondly, when going out on duty, the medic takes the basic equipment with him: a toothbrush, phone charger. In this new reality, it might be worth packing an extra pair of clothes to change, your favorite wash gel, take your headphones so that in the time of forced quarantine you can relax and listen to your favorite music, you might throw into this set a book of some kind. As we have already talked about books, you can pack a book that you wanted to read, and there was never time for it. This little thing can effectively divert your attention from constantly looking at your watch as

you wait for further steps and decisions. It is important in all this that during forced being in a place where you do not necessarily want to be, minimize the feeling of stress by being able to surround yourself with things that you associate with a sense of security, normality.

Thirdly, conversation. Especially when you find yourself in an uncertain situation, waiting for the result in suspension. Perhaps, you will be overwhelmed and tired of another hour in the same company of your friend on duty. You can always call your friends (not necessarily from the medical branch) or loved ones and talk to them. For some, the opportunity to talk will bring relief.

Just remember not to talk constantly about one and the same topic. It is worth asking our interlocutor to tell us about his or her day so as to be able to divert our thoughts from the existing situation. Talking with the loved ones, let's talk about our feelings, but also stick to the facts: what we know or don't know about the situation we are in. Guesses and assumptions will unnecessarily overwhelm our loved ones.

That's it for today!

Be of good cheer, why bad?

Follow our website carefully. In a few days another portion of support from us for you.

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