

Covid-19, The Challenge of The World; The Facing with Our Negative Thoughts and Perspective Off Clinic of Psychiatry, Pristina, Centre Clinic University, Republic of Kosovo

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Citation: Ramiqi V and Bytyqi L (2022) Covid-19, The Challenge of The World; The Facing with Our Negative Thoughts and Perspective Off Clinic of Psychiatry, Pristina, Centre Clinic University, Republic of Kosovo. Annal Cas Rep Rev: ACRR-325.

Received Date: 30th May, 2022; **Accepted Date:** 01st June, 2022; **Published Date:** 06th June, 2022

Lately everybody is focused on what happened in the world. Most of the population is preoccupied with how the world is going to be in the future while some of them worry not for their own survival but for the survival and prosperity of their damaged businesses. In short, the earth is trying to recover from the damage done to the human race. Both consciously and unconsciously, we have been shaken to our very core. We've been playing with fire and depriving our environment of its growth up to the precipice of covid, forgetting that earth does not forget it has felt like this for decades beyond just covid. From a young age I was taught by my parents to care and nurture nature. My teachers and parents alike taught us never to damage nature; not to throw away garbage on the ground: not to destroy its intrinsic beauty. Essentially, everything that has to do with nature we need to treat it with care. In that time, I was curious if nature plays within these same rules and boundaries? As kids, we either learn a lot or nothing about the rules. When we grow up, we all build different rules and perceptions of the world meaning we are different and subsequently, form different opinions. These different perceptions make us see the world in different colour and hue. The distinction of man comes when some are born to create something new and beautiful while others are made to destroy this beauty. If from a young age and throughout childhood development, they developed destroy patterns, they will destroy everything on purpose because they are already destroyed in them self. We have to ask ourselves, is it man himself that causes this situation or is it of a biological impact of the microorganism itself?

Different Reactions and desensitization to Covid-19

Throughout Covid, we have seen a clash and the collective confusing impact of two forces: internal conflicts and external conflicts and aggressors. During covid, our external aggression comes not just from fear but from individual

uncertainty about the future of our wellbeing. During free conversation we will understand how they look each other when they report deaths from this disease. In order to understand right now, we have to analyze a situation where the reaction is indifferent to circumstance; when we react calmly to an alarming situation. Normal behaviour in severe situations means adapting and desensitizing to the serious situation. This means that the first time you deal with something, it will hit you the hardest but overtime, you will adapt to the stressor in an attempt to re-equilibrate yourself to a normal state. Dealing with risk means converting the risk to something normal. Through Covid, for example, the reaction of one family was normalized by the presence and similar experience of another family waiting outside of the infectious disease hospital. The experience of one's loss paralleled with the loss of another man gives the serious situation a normal experience and communal reaction. When a situation in the distance is seen as a normality, subsequently all events that follow are experienced with indifference and calmness. For example, the emotional reaction to the number of deaths is almost the same emotional indifference that reduces the risk of infection. Eliminating the fear of the infection automatically reduces the attention to the observance of hygiene rules. Slowly, we find ourselves back to the same place we started, as if Covid-19 never existed. We have to ask how such a significant event could become tolerable and so insignificant to us across a short period of time. This same desensitization to a virus has plagued our attention to the environment. The moment we tune away from the perilous state of our being and earth, we lose touch with who we are, what we care for and our impact on the things around us.

Covid-19, and psychiatric patients

For the first time, it seems that those who suffer from mental diseases found solace and a safe haven amidst Covid. Of all

patients admitted to my psychiatric hospital, only two were infected with Covid-19. Not from direct contact but from indirect contact while touching things carelessly. Pre-covid, mentally ill patients have kept their distance from others due to fear and insecurity. The same way that normal people always have had distance with mental health patients out of unconscious fear that if they associate with them, they will become like them. Additionally, in phenomenological terms we feel physically insecure from their sudden aggression. Patients know exactly why we behave the way we do when we live or associate with them. Meta-communication is the clearest language to understand them. We need to understand that our indifferent attitude towards them makes them feel more insecure and frustrated. When the family are there and present with them, they feel more secure and calm.

The 'plane of possibility'

No one of scientist hasn't visual images for future about the Covid-19!

Title 'Interconnectedness is the crucial issue'

When we see that energy and information flow is the physical reality that links us humans to one another (and to the planet), we can apply the principles of self-organization to mental life. The key, it seems to me, is to open our perspective to this level of analysis. I know this is hard for many of us who have not been trained to think in this way. It is not what we have learned in school. But the fruits of consilience are ready to benefit science, and to be of benefit

for so many of us who seek to apply these ideas to help the lives of others move toward health and information flow among people. If we work internally with ourselves, we can empower such integration within our own internal bodily worlds and in our relational lives. The key, is to work together by sharing energy and information with one another to create such intention and collaboration.

The direction how to pull our negative thoughts of mind

When we are taken over by elements of the what is happening with our perspective over. The brain not always is the boss manager of the mind client as being away to use subjective mental life actually pull the brain in different direction. Here the mind uses the brain to create itself .Sometimes the brain drags our mental perspective but sometimes the power of mind drives the brain. The purpose is to focus of attention -what the mind is all about.

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