

## Editorial

# Resilience as A Way Out of COVID-19

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## Editorial

In the last months of 2019 in Wuhan, China, a pandemic from Coronavirus SARS 2 originated and in the following months spread throughout the world and still afflicts us today [1-3]. In January 2020 the genome of this virus was sequenced and on 12 February 2020 the World Health Organization named the clinical manifestations deriving from this infection as COVID-19 (i.e. CORONAVIRUS DISEASE 2019) [3].

Transmission of the virus is primarily accomplished through direct contact or respiratory droplets in a proximity and time-dependent manner (close contact within 6 feet over a period of 15 minutes or longer) [2].

The most typical clinical manifestations are characterized by cough, fever, sore throat, asthenia up to dyspnea resulting from a bilateral interstitial pneumonia. This latter situation often leads to death especially the most fragile subjects, i.e. those with comorbidities; unfortunately, however, it was also documented the death of young and healthy subjects [2,3].

Health workers have had to learn in a short time and in extreme conditions (with high risk also for their own safety) to recognize and treat this new disease. Health systems have had to reorganize because often the need to manage the high number of COVID-19 patients has led to a reduction in attention for all other types of patients with a consequent worsening in the management of the latter.

Another challenge faced by doctors (and health professionals in general) is to recognize the uncommon extra pulmonary clinical manifestations of COVID-19 as gastroenterological, neurological, cardiovascular, dermatological manifestations etc [4-6].

As of May 17, 2021, the number of confirmed cases of the COVID-19 pandemic worldwide was 163,802,540. Of the total cases found 18,024,201 were still active, 145,676,260 were closed cases, of which 3,395,153 were deaths, while those recovered amounted to 142,281,107 [1].

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In the last hundred years the Modern Man has overcome challenges unthinkable until recently, he shortened distances by optimizing the means of transport, he landed on the Moon and Mars, he conceived the WEB and the various other communication tools that allow moving information in real time from one part of the globe to another. Practically, he has transformed the entire globe into a sort of "global village", he has created an economic system that, although with many inequalities, is able of producing wealth to feed the entire earth's population (although unfortunately for various complex reasons this does not happen and hunger remains a plague for humanity).

Never before in history has Man felt himself master of the world and of the fate of the world in which he lives; but right now the joke, the paradox: a microbe, an organism visible only with the electron microscope, was enough to bring Modern Man to his knees. One microbe was enough to destroy the entire socio-economic system with consequent health, political, financial, cultural implications etc.

An apparently invisible damage because there were no war circumstances or armies battles with the consequent rubble, but a damage no less serious than the destruction caused by the two world wars that plagued the last century.

A hard blow for the ego of Modern Man, who as so many times in history will now have to get up and start all over from scratch.

That is, the way out is RESILIENCE. Resilience is the ability of people to deal positively with traumatic events, to positively reorganize their lives in the face of difficulties, to rebuild themselves while remaining sensitive to the positive opportunities that life offers, without alienating their identity. Resilience is what the spirit of survival is in natural state that is the primordial instinct of every being to defend his life to the end. Resilience must therefore affect the entire population, at all levels. Indeed, now more than ever, acumen is needed on the part of the political ruling classes who must guide the States in the reconstruction, intelligence is needed on the part of the intermediate political classes who must be able to identify problems and bring them to the attention of higher political levels and great realism is needed of all the people who have to reinvent themselves.

In all this, however, we must not be afraid, Man has shown several times in history that he is capable of it, indeed from the confrontation with the most difficult situations he comes out strengthened and improved, it is part of his being.

The history of man teaches us that from difficulties, from the hardest situations, even those that appear impossible and definitive, we are reborn. And in that rebirth there is the seed of change from which a new force sprouts, which makes us better.

Instead in Philosophy, Hegel for this purpose expressed himself in terms of THESIS, ANTITHESIS and SYNTHESIS, that is, the thesis is confronted with the antithesis, that is its opposite, and from this confrontation it comes out strengthened as a synthesis.

So basically nothing new on the terrestrial scenario: our society will grow more beautiful and brighter than before.

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