

WHAT HAPPENS WHEN WE FACE A CRISIS? - PART 2

Let us remember that **circumstantial crises** are those that arise from unforeseen events, are of an urgent nature and are characterized by an environmental factor, affecting any person at any age.



An individual in crisis may develop several of the following symptoms, such as...

Confusion

Anxiety

Despair

Difficulty in the relationship with work, family, and social life. Disorganization in these three areas

Fatigue and exhaustion

Physical symptoms

Inadequacy

A person in crisis may be sleeping poorly, be distressed, disorganized in their routines, in their eating habits, have hypertension, headaches, among others.

Let us consider the example of a person who drives a vehicle, and is going through a crisis, feeling one or more of the symptoms mentioned above; that person may be at risk of being involved in a traffic or work-related accident.

It is important to recognize if you or someone in your environment is going through this situation and to help them or to seek the help of a professional. Understanding the person, supporting him/her, making use of community support networks, friends or family who can cooperate, are actions that should be considered and encouraged.

Covid-19, as it expanded around the world, generated change at a global level. This brought about changes, ranging from work to family dynamics, socialization, hygiene care, among others. You may have noticed that you or some people around you have been more irritable, anguished, disoriented, or disorganized. For some people, getting back into balance may take longer than for others.

The resolution of the crisis will depend on several factors such as environmental, economic, social, and the internal resources of each person.



Previous
Normalcy



Crisis
(Disorganization)



New
Normalcy

When going through a crisis there is a change, the individual and the environment will not be the same as before; accepting this change, being flexible and readjusting is the best way.

Remember that a crisis, even though it has a moment of disorganization, **is limited in time** and it is the decisions that we make which will allow us to **reestablish the balance** to adapt to **the new reality**.