

Researching during social crisis times

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When we are absorbed in times of social crisis, it is a recurrent thought to believe that we must talk over the impacts this crisis has on our habits, not only the personal ones, but the professional habits too.

In terms of emotions, we can feel ourselves stressed, anxious and depressed, due to a state of mind produced by the uncertainty of perceiving ourselves standing on the same spot, even if we are actually looking forward to living or doing something different.

This feeling of despair, which we learned when trying to do something to change this situation and the expected solution is not found, may be tackled by “doing” something on our own, by working in order to reach a goal leading us to feel better emotionally. Especially, a goal helping us control the thoughts focused on a crisis, where just one person is not enough to change a reality we are all living in.

When I use the term “work”, I mean that we should not leave aside everything defining us as professionals and inspiring us at the same time. Who works in the field of researching, must not forget that it is an encouraging work, because we can give or do our part to contribute in the development of the scientific knowledge related to our specific professional fields. It is a very useful tool to even obtain recognition and use it to overcome our own personal crisis. Likewise, it can be an instrument to inspire others to join us and follow us through the same path.

Therefore, we should not confine our everyday life to just talk about the social crisis we are living in. We should try to remember our interest to show everybody everything we know, especially everything we are able to do.

We have to make the most of all ways allowing us to be heard and valued as scientific researchers, and especially, as clinical researchers, because this work presents a symbiosis with our daily professional activity, which resulted in the implementation of all our abilities and knowledge to provide welfare to all our patients.

Scientific magazines represent the desired ally, and their presence serves to hold our hand while overcoming the crisis. Each one of us are responsible to consolidate the scientific knowledge in these times, we just have to keep on working.

