

# Review of: "The two sides of Experienced Crisis: Enabling and preventing Coping strategies during Covid-19 Pandemic"

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I believe that despite the predominantly descriptive, the article makes an effort to configure interpretative or hermeneutical elements, as promised at the beginning. In general, a finding regime can be appreciated, that is, the cases studied through semi-structured interviews confirm approximately theoretical postulates of a wide and well-consulted bibliography. The factative character forces the reader in a certain way to look for at what point there is an inflection, or a novelty in the treatment of the question, an aspect that can perhaps be derived from a thesis that the author formulates as follows:

"Thus through the conceptualisation of crisis as fear (instead of danger and disaster) humans can actually do something, by controlling their own fears, and consequently controlling the crisis." (p. 7)

"Indeed, participants depicted Covid-19 as a crisis entailing vulnerability primarily related to public health; it has been described as a crisis which has expanded rapidly, entailing panic, sadness and uncertainty while at the same time it has been conceptualised through fear (rather than danger or destruction) albeit aiming at empowerment through controlling the crisis while controlling our fears." (p. 8)

In my opinion, this kind of subjectivation of the crisis, the passage, so to speak, from danger to fear, from the objective to the subjective of the situation, is what allows us to activate positive, resilient and constructive strategies, recovering the original meaning of the words crisis, which implies deliberation and decision.

FINALLY, and although it may seem a bit misguided, one might wonder if a certain "stoicism" characteristic of some of the participants' responses could be read as the prevalence of a typical and historically Greek tradition, which is actualized in contemporaneity through the crisis caused by sars-covid 19