

DO YOU HAVE A GOOD STORY?

**Positive messages, stories,
pieces of advice during an
epidemic**

Pécs, 2020

University of Pécs Medical School



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RECOMMENDATION

"In the depth of winter I finally learned that there was in me an invincible summer."

Albert Camus

Dear Reader,

Our everyday lives are usually full of tension and stress anyway, not to mention in an epidemiological situation! And at the same time, they are full of joy, smiles, laughter, pride! Strange as it may seem, this is no different in an epidemiological situation either. The things we tend to notice, which remain in our memory, is largely determined not only by our personality but also by the reactions of our environment.

Our lives consist of stories and of telling those stories. We will pass them on, they will be preserved in the collective memory. But we "work" not only for the future but also for the present because true stories can create deep, real connections within our small community as well. That is why we wanted to capture the storytelling mood - even "during the coronavirus epidemic". Although this blog was inspired and supported by us, it was written and edited by the staff of the School, and even read by people outside our School.

We would like to thank those who participated in telling the stories. They and their stories "instill hope again and again," we believe so with Walt Disney. And hope is a universal human desire.

15 June 2020

Dr. Miklós Nyitrai
full professor
dean, UP Medical School

Dr. Zsuzsanna Füzesi
full professor
Department of Behavioural Sciences,
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INTRODUCTION

Shortly after the outbreak of the coronavirus epidemic, when students, lecturers, and staff of our School were forced to study, work, and help students in distance education at home, we thought it would be important to publish positive messages, stories, and pieces of advice from everyday life in Hungarian, English and German, which help and convey personal and community responsibility, solidarity and compassion on our website.

We believe that by holding on to each other, supporting each other, drawing strength from each other, we can relieve stress and face tomorrow more easily. This is how the "Do you have a good story?" series was created, in which we received colourful, interesting, kind and touching messages from the lecturers and staff of our School, as well as from the Faculty of Pharmacy, signed and anonymously, every day.

These "small things" put a smile on the faces of many of us, made the days easier, and also bore witness to how much we can give each other even in the most difficult situations, and they are at the same time imprints of the most unexpected, unusual events of our lives so far. To put it boldly, we can call this package a special "age document," since such writings in this context, with such contents, in this way, have not been created yet.

It was a pleasure and an honour to be a part of them as the person responsible for the content, also as the first reader, to stop for a moment, to learn from them.

Thank you for your help in creating them!

Rita Schweier
press colleague
Marketing and Communications Office

STORIES

17 March 2020

Be PERSISTENT!

What can we do to alleviate "pandemic anxiety" in order to maintain our mental health?

RELAX! WHAT WE FEEL IS NORMAL

By now, the coronavirus is likely to have a direct impact on everyone's daily lives, including our mental health. According to research, events that trigger the strongest distress (bad, negative stress) are usually those that are insecure, novel, or that we feel we have no control over. Unfortunately, all three factors are true for the current situation, for fighting the virus. Moreover, we have to deal with these new and sometimes scary things relatively quickly, which can cause great anxiety. So, the feelings we have been experiencing in the recent weeks - anxiety, fear, insecurity, inertia, worrying about the future - are completely normal. The world we used to know to be more or less safe now looks like an insecure and potentially dangerous place with many new, unknown tasks ahead of us. There are many ways in which we can respond to this, depending on our coping strategies and experiences. It is important to keep in mind that although the situation is new and uncertain, we are not completely helpless because we can influence our reactions to stress and our emotions as well.

In the short articles published in the next few days, we will summarize the most important tips (strategies) to strengthen our psychological immune system and to manage the mental strain evolved due to the epidemic. So how do we stay PERSISTENT in this situation?



1. SENSE OF CONTROL

One of the main causes of the "coronavirus anxiety" is that we feel that the situation is out of control. We do not know who is infected, whether we are infected, what measures are expected, how long will it last and how will it affect us? The range of questions is endless... It seems logical that it may help if we can increase our **sense of control** in a given situation. Let us think about what we can actually influence and what we cannot. The more time we spend on things we can influence instead of the ones we have no control over, the less uncertain and anxious we will feel about the situation. We can retain our capacity to act and apply active coping strategies. For example, I decide to stay at home, and I decide to shop with more planning and more consciously! In the media, negative events have much greater weight than in reality, and we also tend to experience negative life events more intensively. This is still the case because we are informed daily or several times a day about the destruction caused

by the epidemic. Instead of thinking about this, it may help to focus on protecting the most vulnerable, the elderly and the chronic patients, rather than ourselves.

Things I can influence

I wash my hands regularly

I avoid any contact, I stay at home

I transform my negative thoughts and reactions

I take care of myself and others

The further spreading of the virus

Things I cannot influence

Whether other people wash their hands

Whether other people avoid any contact and stay at home

What others think, how they react to news in the media

Whether others are looking after me

The appearance of the virus

2. INFORMATION

In addition to increasing our sense of control, it is important to filter the **information** properly. It is our instinctive characteristic that when we face an unfamiliar situation, we search for more information and we are more sensitive to negative information. In case of an emergency, we often experience irrational anxiety, which further narrows our thinking. It is therefore extremely important that we do not expose ourselves to unreliable and inaccurate information. Almost every minute some news arrive, so it is important that you get information from fewer but credible sources (e.g. WHO, official information websites), read critically, always check the source, and do not share fearmongering or fake news. Finally, a practical piece of advice: limit the number of times we consume news a day, for example, by checking in the morning and in the evening the websites, news we consider to be authentic.

3. SOCIAL SUPPORT

Stay in touch with others and seek **social support**. It is true that during an epidemic we need to physically isolate ourselves from others, but do not lock yourself up! Talk to your relatives and friends via the phone or the Internet. When we talk about our fears, our negative emotions, we get a little relief. Let us not just talk, but also listen to what they tell us. That is,

feel free to "vent" and make others "vent"! Such conversations can also ease the anxiety of our own and others. If we feel that anxiety inhibits us in our daily activities, we should contact a specialist who can provide psychological counselling online. Free psychological online



counselling is available for our School's students and staff, visit pszikon.aok.pt.e.hu for more details. In addition, the *#poteathome* cooperation program will include many online programs in the coming period about which you can find more information on the POTE events Facebook page.

4. REFRAME

Research has shown that one of the most useful ways of dealing with any negative life event is to be able to reframe our automatic negative thoughts. Anxiety is often accompanied by irrational thoughts, which are strengthened by panic and the spread of fearmongering news. What can we do about these thoughts? In addition to properly filtering the information, we can use the method of reframing. In doing so, we try to replace our negative, irrational thoughts with rational thoughts that help the active coping. It is important that positive distortions do not help in this case because they may cause us to ignore the real danger and to underestimate the risk factors. This can have the same dangerous consequences as panic, so it is important to have a realistic view of the situation! This does not mean that we cannot be positive and confident or that we should not be aware when something good is happening to us besides the many threatening stimuli. In fact, it is extremely important for us to notice during this period the things that bring us joy, that we can use the words "it is good" besides the sentences that begin with "the problem is". An excellent way to make this happen, for example, is to keep a log of these events and to make ourselves aware of our feelings and thoughts in writing. Here are some examples for reframing:

Automatic negative thought

"Home quarantine is annoying and unnecessary."

"It is an exaggeration; it is not more dangerous than the flu."



Reframed thought

"Quarantine helps protect others from the infection, we have time for household chores."

"If I underestimate the danger, it may seem a little more bearable but it endangers others."

5. RELAXATION AND SELF-CARE

We should pay particular attention to activities that help cope with stress on a daily basis. Active or passive relaxation and self-care can be anything that means relaxation and recharging for us, whether it is sports, a good book, social support, a balanced, regular meal or enough rest. We should not neglect the activities that allow us to take in positive experiences, we should just adapt them to the current situation. Methods that help with anxiety management, such as breathing techniques, yoga, autogenic training, relaxation, and meditation are also worthwhile to use regularly. We do not have to leave our home to do these! All you need to do is use YouTube or specialized mobile apps (e.g. HeadSpace, Calm). For those who like traditional methods, there are many books on the subject (e.g. John Teasdale, Mark Williams and Zindel Segal; The Mindful Way Workbook; Alexandra Frey, Autumn Totton: I Am Here Now - A Creative Mindfulness Guide and Journal; Prof. Dr. Emőke Bagdy : Relaxation, Rest, Inner Peace).

6. LET US DO

Let us do our best to slow down the spread of the coronavirus and to curb the epidemic! We can do a lot together! Although being isolated and sitting at home, we may not sense this but we are not alone in this "party". And this may be worth considering even when we no longer have to worry about the virus. Do something good for ourselves and others, such as shopping for the elderly neighbour, donating blood, or volunteering if we are healthy. Measures against the coronavirus can sometimes be anxiety-inducing, but remember, they are for the safety of us all. Let us think it over again: what can we influence and how can we help each other? How can we see this situation as something that not only has to be survived, but can develop us too?

7. PRECAUTIONS

In addition to the above, one of our most important tasks remains to comply with the precautions. Take precautions seriously, even though we often have to put aside our own comfort and needs in order to do that. Prepare rationally for the measures expected based on the example of the affected countries, such as quarantine. Do not start panic buying, but make sure you have enough food, medicine, toiletries even if you have to stay at home for two weeks.

CONCLUSION

In conclusion, let us find control, filter information, seek social support, reframe our automatic negative thoughts, take care of ourselves, relax, do something for others so that they can do something for us too and finally, comply with the precautions!

Keep your head up!



Dr. Boróka Gács
Department of Behavioural Sciences

Sense of duty

„I feel obligated to get involved in any form to help solve the current situation.”



“I know that people with medical diplomas can be called in to work in patient care if necessary. This obviously applies to me as well. Since I recently graduated from the university, I think they would rather consider me before those older than me. With a medical degree, I feel obligated to get involved in any form to help solve the current situation.”

Other things have become important

„The initial confusion was replaced by creativity, collaboration, knowledge sharing...”

“In recent days, the environment around us has shaken. A university without students has made us realize how much we - admit it or not – miss them and how much we like teaching. What is this situation good for? We have long said and we believe that besides preserving our values, it is also very important to modernize and renew our educational methods. We just had little time to do it during our daily tasks. Now the matter has become urgent and behold! Instructors who would like to do something and solution-oriented ideas are coming. The initial confusion was replaced by creativity, collaboration, knowledge sharing - organized from below, not just waiting for the dean's leadership.”



“The initial confusion was replaced by creativity, collaboration, knowledge sharing - organized from below, not just waiting for the dean's leadership.”

Just a human gesture

„The decision is mine, but the attention, support, and concern felt sincerely good.”



“The head of our department came into my room this morning and suggested that I should rather work from home, given the coronavirus epidemic and the educational break. It was not a formal notice; I did not feel it exclusive because of my age. It was a nice suggestion to all our colleagues over the age of 60 in our department. The decision is mine, but the attention, support, and concern felt sincerely good. It was just a human gesture.”

19 March 2020

The infected

„...other people’s lives better, more liveable, or just possible.”

"The infected person is not a criminal. He or she may even be a role model because they may have caught the virus beside the sickbeds, working in pharmacies, as police officers or firefighters, salesmen or paramedics, teachers, dustmen, postmen or road builders, or in a thousand other ways. They may have caught it while making other people’s lives better, more liveable, or just possible."



20 March 2020

Together

„...stronger.”



“It is bad for me now. Very bad. No parties, I do not know now what, how, with what... anyway. In the meantime, say, there are hundreds of thousands of sick people in the world, thousands of people stranded, Europe has become a battleground, thousands of grandfathers and grandmothers died, families mourn. The doctors are working 24/7, and so are others. Countries are struggling, the world is fighting. So maybe it is not that bad for me.... let us leave it at that, I do what I need to do, and somehow we will get over it. Together, stronger.”

A right way to worry

„...we are patient, but at the same time we also take a firm stand on the policies that we know are in our common interest.”

The current serious epidemic puts us in completely new situations. Probably all of us have been experiencing spiritual extremes in the past weeks: sometimes we underestimated the severity of the situation, then we were scared to hear the news, then we gradually began to see the dangers more realistically and also the things we have to do. In emergencies, it is natural for us to be more anxious, and it is especially important to pay attention to others, but also to ourselves.

It is unusual for us, for example, to worry about our elder family members and even our elder colleagues in times of the epidemic. Our concerns are well-founded because the risk for elderly people is much higher than the risk for younger people. It is not easy to respond well to these situations - neither for the elderly nor for us, younger people. The elderly have unexpectedly been put in a dependent position. If they do not want to take too much of a risk, they need the help of others. I understand that this is not easy because we are reluctant to give up our independence. And the elderly have now suddenly, inevitably found themselves in this situation.



Not only do I meditate on these issues, but I experience similar problems every day. My parents are over 80 years old. Fortunately, we live in the same city. I can take care of them. More than a week ago, we discussed that they will not leave their house, they will just work in their garden. A few days later, my mother tried to tell me they would like to go shopping... I was amazed at how firmly I said, "no way". (This tone is not typical of our relationship at all.) Then, of course, I quickly realized that she does not want me to put

too much burden on myself. Yesterday, when shopping early in the morning, I was stunned for a moment in the parking lot because I noticed my father's car and him next to the car. Then, when coming a little closer, I saw that it was not him, just someone confusingly resembling him. For a moment, I thought he "disobeyed" me and then I was ashamed that I do not trust him enough. It is funny how easily misleading my concern was.

It is unusual for us to restrict our parents, our elderly colleagues, whom we love and respect. However, it is important to do this so that they do not feel being guarded; it is important to discuss why this is in the interest of all of us, and that they can tell us it is not easy for them.

Because these everyday problems are incomparably smaller than the extreme situations that can arise when many people become severely ill at the same time and it has to be decided who gets the limited resources of the health care system and who does not. We must do everything we can to slow down the spread of this dangerous disease, and it is the responsibility of all of us! Yes, the elderly people's too! But in the meantime, it is important that our fears do not damp our human sensibility. And we can help each other a lot if we are patient, but at the same time we also take a firm stand on the policies that we know are in our common interest.

István Tiringier

22 March 2020

A cohesive community

„...these communities hold the city, the country together. And our lives.”

“There is a queue in front of the pharmacy. People are standing far from each other. It is weird. This is how it goes today, there is an epidemic, it has to be like this. At the front of the queue, there is a charming young girl in an elegant light spring jacket. Self-aware, confident, maybe a student. Patient, thoughtful. Behind her, there is an elderly woman with a stacked bag, after shopping, slightly stooped. Her face echoes the terrible memories of difficult times, her unspoken and undetermined fears from the past make her concerned.



Then the girl, perhaps because she is bored, maybe just out of curiosity, looks back, her silence gets disrupted. Something that has not come up in years has crossed her mind. Something her grandfather told her about the times when she had not been born yet. Then she turns back and looks back again. She pauses for a moment. Finally, she goes to the elderly woman, asking for her prescriptions with an obvious, natural movement, collects the medicines and gives them to the woman. All of this takes place in minutes, with no words, no questioning glance, with confidence and self-evident naturalness. The woman smiles, nods

kindly and walks away. Everyone in the queue changes a bit, and the spring sunlight touches the hearts unnoticed. The girl is heading to the end of the queue again. The others, still without words, let her be the first with everyday simplicity. Suddenly everyone has a strange, hard to determine, instinctively pleasant feeling. This way, in seconds, some strangers become a cohesive community in times when these communities hold the city, the country together. And our lives.”

Staying open-minded

„When life gives you lemons, make lemonade!”

“The transition to distance education presents many challenges but it also opens up many opportunities and paths for development.

Let us try to face the current situation open-mindedly and implement educational development measures that will make our training programs more effective. "When life gives you lemons, make lemonade!"

Dr. András Fittler
Vice-Dean, Faculty of Pharmacy

23 March 2020

Not our everyday crises – is al well that ends well?

„...we will learn a lot from this period.”



Our current situation is not an everyday situation but it has an intense impact on our daily lives. *How will this end? Who and what will we become if we get through this? Can it turn out well?* Most of us, as well as myself, must have had these questions before. The dilemmas and doubts of the future are natural, but they are also opportunities! For what? To play a role with motivation and proactivity in the present, in the epidemiological situation. We can be sure that not only we, but our children will also remember this period. However, what matters is how. A period that broke and surpassed our coping abilities, in which we failed, or a period that wounded us but our wounds encouraged us to learn and develop. In the latter case, we will be proud to wear the scars of the healed wounds that set an example for our children and our environment too, showing how to be resilient.

CAN A CRISIS HAVE BENEFITS?

It is important to be aware of the fact that even such a serious crisis affecting the whole society (often even the stress is enough) does not have to end only with a negative psychological outcome. The story can end better.

The crisis, as an inherent part of our lives, can be the driving force behind the development of our personality. As we face the challenges related to the new tasks, we undergo continuous maturation and development, which also includes the potential for personality development and higher level of reorganization.

Crisis is, by definition, *“a psychological condition created by external events in which the individual faces circumstances that seriously endanger his or her mental balance, and the proximity of these circumstances becomes a psychological problem of utmost importance for him or her. These problems cannot be avoided or solved with the usual problem-solving tools at the person’s disposal at the time, which makes it necessary to learn new tools instead of the old coping strategies.”* It is only up to us whether the new strategies will be self-destructive behaviours or



active and healthy coping strategies! This means that a crisis has the potential for a positive outcome, renewal, and negative change as well!

HOW DO WE REACT IN A CRISIS?

In severe crisis situations when the stress we feel is too intense and outside our so-called *window of tolerance* (the amount of stress we can bear and handle healthily), we can basically respond along two poles. In one case, our psychological activation increases, our nervous system is on standby, our threat detection system overreacts, and our emotions overwhelm us uncontrollably. We are anxious, tense, nervous and irritated. Our other possible reaction, by contrast, is a decrease in our psychological activation, the overregulation of emotions. As if we would like to deactivate them to protect ourselves. In this case, we rather choose denial or freeze completely, or even forget certain events. As we move in any direction of the continuum, we can be sure that at first, we will be more and more sensitive, especially to negative information and to finding support.

BE UNDERSTANDING - TOWARDS OURSELVES TOO!

The above are natural reactions, so the most important thing now is to make ourselves aware that it is okay if we are not always positive and that we are not only understanding towards each other but towards ourselves too. Research on *post-traumatic growth* (a positive psychological change, which can occur after a person has experienced some unhappiness, trauma, and it leads to a higher level of psychological functioning) shows that development includes the components of negative life events. This way, bad memories are not suppressed, but there is a real processing, dealing with the negative life event. So, feel free to mark that particular "complaint time" and give yourself 10-20 minutes a day to surrender yourself to your concerns. Then, despite all of this, we should think about and even write down every night "what went well today? Why did it feel good? "

YES, CRISIS CAN HAVE BENEFITS!

Most importantly, remember that every crisis is a chance for developing a better state! Even if we do not feel it now. Let's just think about the potentials of a pandemic situation. Some scientific research may be accelerated and tools for online work and online learning / teaching may be improved. Cooperation among people, empathetic attention to one another and to ourselves can develop. That is, the epidemic provides a chance for mankind to develop a new attitude towards life and fellow human beings.

CAN WE EVOLVE?

The answer to the question is no! **We are already evolving!** I firmly believe that we will learn a lot from this period.

I wish you all *PERSISTENT, successful* learning!

Dr. Boróka Gács
Department of Behavioural Sciences

Daily gratitude

"Where do I start? End of the day. I think about the things I can be grateful for. This is what I should have done before as well but the silver lining is that it is much easier now. The little things, the gestures are more appreciated and give strength for the next days.

THINGS I CAN BE GRATEFUL FOR:

- everyone is healthy, and the wider circle of our family is also well
- there is a roof over our heads, we have enough to eat and drink
- both of us can go to work, even if we take turns
- we have a balcony
- we received the Easter photos from the nursery
- Kíra likes to read more and more, two books besides the compulsory one
- Hugi eats well compared to herself
- the new lipstick arrives on Monday, I will apply it under the mask too
- we have Netflix and Internet, we can communicate, relax
- many people helped today (thanks Dávid Kiss, 400-bed clinic, SBO)
- I had a good laugh today (thanks Eszter V. B., 400-bed clinic, OKK)
- Kíra likes to vacuum more and more



I wish everyone much perseverance!"

24 March 2020

Being media-conscious

„Media and the Internet are a blessing in the right hands but a weapon in the hands of the wrong masses.”



"The virus is not our only enemy in these difficult times. Types of the invisible and little-known threat include stereotypical hatred, exclusion, lack of community responsibility, and media ignorance. Let me write a little about the latter as a graduated communications and media professional. The flood of fake news and misinformation are powerful sources for panic. Panic is a basis for chaos and confusion, and ignores every single spark of rational thinking. Fake news generate panic, spread and shape public opinion like a digital virus and then they start to become a subjective reality in people's minds.

A chain reaction is triggered, reinforced by media-ignorant people. Therefore, it is important to consume online contents, news and

various pieces of information from trusted sources and in the spirit of media awareness. Gather information from credible platforms, even international channels, and spread this practice

One tip is to look at the imprint of the given online media platform by scrolling down to the bottom of the page. If it is incomplete, does not include specific names and contact details, such as managing editor, editor-in-chief, journalist, or if the imprint itself is completely absent from the website, we are dealing with a fake news factory. Media and the Internet are a blessing in the right hands but a weapon in the hands of the wrong masses.”

Let us be the conscious crowd!

Dávid Lokodi
management consultant, PR, communication and media professional
Faculty of Pharmacy

What kind of a person is the dean at your School?

„Everybody wants to be a Pécs citizen!”.



Quote from a Facebook post:

“A little heart-warming story for you. My high school friend in Budapest who has nothing to do with Pécs, wrote on Facebook today: “Hanna, is the dean at your School a normal person? I heard him speak and he is very likeable!” Really, who says "I have always known that our students are the best in the world" - our dean. Perhaps that is why "Everybody wants to be a Pécs citizen!"

25 March 2020

3D volunteering



“The colleagues of the 3D Center are also involved in volunteering. They were working throughout the weekend to support healthcare workers with appropriate protective equipment. There was a good mood and joy in the workplace, even though home office has been ordered for everyone. We scheduled the entire week according to who works, prints at the Center and those who are not in the Center work on design and models, or develop the website that supports volunteer work. We have also joined a national initiative of this kind. I am very proud to have such colleagues!”

Péter Maróti

Online workshop in the Time of Corona

„...education, the desire for developing one’s knowledge and skills also seem to increase in the face of adversity...”



„The famous novel, Love in the Time of Cholera by Gabriel García Márquez, has come to my mind, in which the author claims, "in the midst of calamity, love grows and rises."

The past ten days have also shown us something similar, especially in terms of student-teacher unity, teamwork, thinking together and the sincere belief in achieving common goals. The enthusiasm, genuine willingness, and compassion of our senior demonstrator students made it possible, just in a few days’ time, to turn the workshop online, which had been originally scheduled for March 13,

2020, but had to be cancelled, sadly, due to the pandemics.

Many thanks go out to them and to the colleagues of the Department of Languages for Biomedical Purposes and Communication, especially to Alexandra Csongor, Renata Halász, Anikó Hambuch, Gabriella Hild, Rita Kráncz and Ágnes Csatlós, who were all partners and team players in accomplishing this. They helped to prove, to quote Marquez, it is not only love that grows and rises in the midst of calamity, but education, the desire for developing one’s knowledge and skills also seem to increase in the face of adversity, and this gives us faith that with such unity and cohesion we can overcome all obstacles that arise.”

Dr. Tímea Németh

26 March 2020

Collaboration at the Department of Anatomy

„...we in the hinterland are struggling to overcome this enormous obstacle as successfully as possible.”

“On 11 March, the Department of Anatomy and the entire university were shocked by the news that universities are going to be closed for an indefinite period and will continue education in the form of digital distance education. After the first shock, we started preparing, for which the unexpected spring break was a great opportunity. We could start developing a curriculum that best replaces the classes in the current circumstances. To achieve this, we have used all the tools at our disposal and every colleague of the department have exemplarily worked together to provide our students with the means as soon as possible to continue their education. Everyone is involved in the work. There are people who supervise the recording of the videos, who develop and translate notes, e-learning materials, and map new online learning materials, and others who provide the background for serious work.

Most of our materials are also available on YouTube.

We have also made tutorial videos in which we show the most important formulas on cadavers. These recordings are, for funerary and privacy reasons, available only in closed groups on the Microsoft Teams platform, or on our website after identification. Everyone has mastered the use of distance education platforms. We have already held many useful contact classes to the satisfaction of our students. While healthcare facilities are fighting for patients on the forefront, we in the hinterland are struggling to overcome this enormous obstacle as successfully as possible.”



Dr. József Farkas



27 March 2020

One for all

“The students from the Circle of Demonstrators can help a lot in the transition to digital education. Many of them are very enthusiastic and help their fellow students and the instructors as much as possible.

Just two examples from the beginning: a German student, Jessica Seetge compiled a test for the group on histology, and a Hungarian student, Tünde Tóth made beautiful drawings under the guidance of dr. Andrea Tamás, which have already been published on the website of the Department of Anatomy. Thank you!”

Professor Dóra Reglódi
head of department

Monday's experiences

“For a teacher, the best feeling is to be acknowledged by the students, even when they may be grumpy or tired sometimes. This is now even more true. Today I received many positive feedback from the students on the preparedness of the instructors, there were no technical problems, they did a great job on distance education.”



Pál Bernard
president of the Hungarian Student Council

30 March 2020

Pharmacy students' commitment

“Pharmacy students in the final exam practice may continue their practice on their own responsibility, taking into account the epidemiological risks, and may choose a practice place other than the one they submitted in advance. We asked each of them to write in which pharmacy they plan to continue working; whether it is the location indicated at the beginning of the semester or another one near their residence. By the deadline, half of the students replied and decided to complete their practice. One of the answers was heartwarming, I quote: "Hereby I would like to inform you that I want to continue my practice and help the pharmacy staff and the patients in this difficult time.”



Klára Mayer
course director

31 March 2020

Quarantine “Me Time”

„Helping ourselves to help others.”

“WHY DO I NEED TO BE IMPORTANT NOW?”



Nowadays, we can hear and read a lot about the importance of self-care and proper me-time in this period, that is, quality time for ourselves. This is important because both long-term isolation, or even lockdown, and protracted work-related stress, which is now a major threat to healthcare workers, can be sources of chronic stress that can have a negative impact not only on our mental but also on our physical health. Moreover, as a facilitator I have already learned that those can give who have something to give from. We cannot expect of ourselves, especially in such a difficult time, to do our job effectively and be patient in our daily lives while we do not care about ourselves.

However, it is important to be aware that stress is basically not a harmful, bad thing, but the opposite: it prepares the body physiologically in an emergency for coping or escape. But when the stressful stimulus is protracted, our body's internal balance may be disrupted and, if sustained, may eventually lead to the exhaustion of the body. Chronic stress causes changes in our body (due to the protracted activation of the sympathetic nervous system and the hypothalamus-pituitary-adrenal axis), which can also lead to a decline in the function of the cardiovascular and immune system. So, by consciously equipping ourselves against the effects of chronic stress, we are helping not only our mental but also our physical health, which is obviously of paramount importance in the current period. Numerous health psychological studies have demonstrated the importance of expressing the negative emotions and increasing the sense of control and their positive effect on the immune function. There are simple relaxation techniques that can be performed at home, helping to reduce the activity of the sympathetic nervous system and increase the sense of control, thus preventing the development of chronic stress.

WHAT KIND OF SPECIFIC EXERCISES CAN HELP ME?

Increased activation of the sympathetic nervous system is most easily reduced by direct breathing exercises. In an emergency, the sympathetic nervous system activation accelerates respiratory rate, increases the inhalation time, as opposed to the stationary state when respiratory rate decreases and exhalation time increases. At the same time, the heart rate changes with the rhythm of breathing, so that it is able to best adapt to the needs of the body and the current circumstances. Each inhalation speeds the rhythm up a bit and exhaling slows it down. The essence of breathing exercises is therefore to increase the exhalation and the amount of pauses between breaths. Another benefit of relaxation techniques using our breathing is that it "forces" us to focus on our breathing and not on anything else (such as anxiety). They help you to relax, and are especially effective for sleep disorders and acute, intense anxiety!

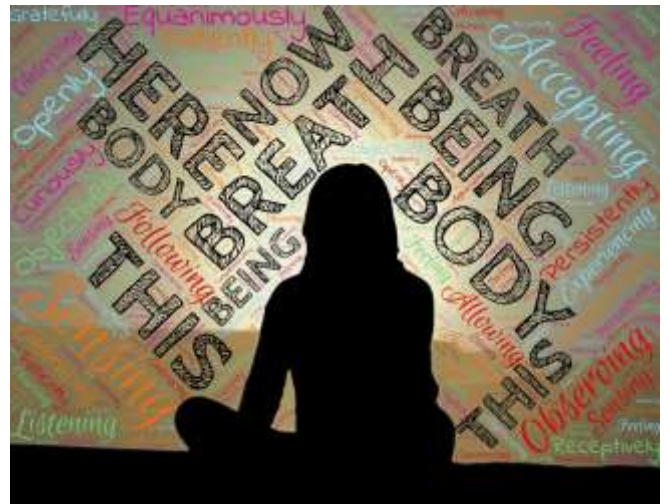


The simplest breathing technique is called "4-7-8 breathing". Its steps are the following: exhale, and then slowly breathe through your nose for 4 seconds. Hold the air for 7 seconds, then exhale forcefully through your mouth for 8 seconds. Repeat the whole cycle 4 times.

"Box breathing" is also a simple method that makes you use your imagination as well. "Imagine going from one corner of an imaginary quadrangle as if you were moving to the next corner on the side of the quadrangle. We breathe in to the count of 4, then hold

it from the second corner to the third to the count of 4, and finally exhale from the third to the fourth corner. Between the fourth and the first corner, we take a break until the next breath starts, to the count of 4 again. "

The next "level of difficulty", which requires slightly more imaginative activity and a more relaxed environment, is called "cardiac coherence exercise". "Sitting or lying in a quiet, relaxed place, take a few calm breaths and listen to your heart. The easiest way is to imagine breathing through your heart. Try to see and feel that every inhalation and exhalation goes through your heart. When we inhale, the heart is filled with fresh oxygen and exhalation removes the unnecessary materials. Imagine the slow and gentle alternation of inhalation and exhalation, which makes the heart feel like it is bathed in purifying, soothing air. Then observe the warm feeling slowly developing in the chest. It can be facilitated by recalling the image of a loved one, a lovely animal, a beautiful natural landscape, or experiencing a feeling of gratitude and thanks."



Similar to the cardiac coherence exercise, "body scan" or "body breathing" facilitate conscious presence (which means experiencing the feelings of the present by replacing focusing on the past and anxiety about the future). "Sit down comfortably, relax your body parts. Place both soles on the ground in a small straddle, with your arms next to your trunk. Both hands rest in your lap or on your thighs. Your spine is straight, your face forward. Take a deep breath very slowly and see how it feels to breathe in and then exhale the air. Imagine scanning your body and observe what you feel in each part of your body. Do not judge, do not analyse, just let it happen. Then imagine the

air flowing through your legs when exhaling, then through your feet, and finally through your toes. Let the tension escape from your body as the air that flows out. You can repeat this by paying attention to the way the air flows out through our fingers along with the tension.”



Of course, in addition to the examples described, many other relaxation exercises are effective in coping with chronic stress. In addition to breathing exercises, for example, "active relaxation", movement methods (basically any kind of exercise) are also well suited for reducing the surplus energy caused by the arousal level. What really matters is choosing a method that is consistent with your needs, that means quality time for you, and one in which you can actively help yourself.

HELPING OURSELVES TO HELP OTHERS.”

Dr. Boróka Gács

Gratitude journal

"Since the time of distance education, I have the pleasure to regularly read the daily social media posts of an expert who, instead of the standard sentences beginning with "the problems is...", "it is bad that...", regularly writes about things within our own circle of influence and what we can do for others and ourselves in this difficult situation. Allow me to quote a few sentences from her:

#thegoodthings that the current situation provides a lot of opportunities for practicing gratitude. By practicing gratitude, I mean appreciating what we have, things that are good in our lives. (...) There have been many researches at various universities on the effects of the introduction of gratitude habits. To summarize and simplify the results, I would make it obligatory for everyone to keep a gratitude journal during our voluntary self-quarantine, it is now more relevant than ever.

What are you grateful for today?"

Judit Szilágyi's post came to my mind several times during online education in the past days. With my family members, I try to live my life with a positive attitude and I am basically grateful for everything. Over the past week, my sense of gratitude towards the students and my colleagues has intensified. I am grateful for the students' attendance, their patience, their feedback, and for the support of my colleagues. While online education has moved us all out of our comfort zones, I have one word for the experiences and feedback in connection with it: thank you!"

Nóra Faubl

Department of Behavioural Sciences



1 April 2020

Thank you

„I think the key is the combination of patience, perseverance and kindness.”

"In the current situation because of the coronavirus, everyone's tasks have increased significantly, instructors and students face new challenges. The same is the case with the colleagues working in university administration. There is no applause for us, no thanks, we support the processes from the background and many times our lives are also put aside because we would like to bring the best out of us and the situation. In times like these, we can draw strength from our colleagues with whom we work together on a daily basis.

With Vivien Csete, we regularly blow off steam on the Internet, I think it is natural if you do not want to go crazy. She always listens, and I listen to her, while the work goes on because life does not stop, only we get tired.

We often exchange emails with Tibi Ráfa-Gyovai, in which he always wishes me a nice day. I often wonder how he has the energy to do so because he is also very busy now. It feels very good to pause for a moment and smile among the many urgent tasks.

Our work with Rita Schweier is also closely intertwined. On harder days, when the emails are raining down on me from her too, I feel tense and cannot always respond patiently. This is obviously not her fault; I am like that. But she also handles these "outbursts" of mine with endless patience, and she never fails to praise and thank me for my work. It is good to read "you are brilliant".

Thank you for making this time easier.

Thank you to all the colleagues for your perseverance.

Together we will get through this. I think the key is the combination of patience, perseverance and kindness. Says an impatient, not too kind, but very persistent girl."

Virág Kollár-Kasziba
management consultant, Dean's Office

2 April 2020

What is this feeling?

„Let ourselves mourn, then move on.“



“In the last few weeks, we have been reading a number of tips on what we need to do to make this period easier. However, less is said about what is this strange, unusual feeling we are feeling and reacting to now? *“For a moment I feel anxious and then I do not want to take note of it, and sometimes I feel like it is just a bad dream and in the end I just do my job because life, even if it is different, goes on.”*

It may seem strange, but this feeling, this process, is nothing but grief. How is it possible? According to David Kessler, one of the most important experts in the study of the mourning process today, this is possible because there are many types of grief, and even seemingly minor losses can trigger a serious grieving process.

But what are we grieving now? The world has changed, even if only temporarily. We have lost our idea of what has been defined as normal so far. We have lost our trust and sense of security in the world; we have lost touch with each other. We are grieving what has not yet happened, we are afraid of the future, of future losses: who and what will we lose? We are grieving in ways we may never have done: together, collectively.

IF SO, WHAT CAN WE DO? HOW CAN WE GRIEVE "WELL"?

The first step is to understand the stages of grief. However, before we get to know these, it is important to know that the stages are not linear and may not happen in the same order in each case. An early, and usually first reaction is denial: *“This virus cannot affect me, it is not dangerous.”* Then, when we are forced to face reality, we are overwhelmed with anger: *“They force me to stay home and they upset my whole life, everything I love to do.”* As our intense emotions subside, we begin to bargain: *“All right, I stay home for 1-2 weeks and then everything will be back to normal, right?”* After that, when faced with a situation that is likely to last longer than we hoped for, most people experience feelings of sadness, hopelessness, depression: *“I do not know when this will end, it is all so tiring, hopeless and pointless.”* Finally, if we can allow ourselves to experience this emotional roller coaster, we can get to the fifth phase, that is, acceptance: *“Okay. Then I will figure out how to proceed.”*



“THOUGH THE PHYSICALITY OF DEATH DESTROYS AN INDIVIDUAL, THE IDEA OF DEATH CAN SAVE HIM.” (IRVIN D. YALOM)

Remember, this is a temporary state. Our history tells us that the best solution is what we are doing right now and we are going to survive this. And most importantly: we will probably, individually and collectively, find the meaning of it all, as the sixth and final phase of the grieving process is finding the meaning. It is a good sign that we can see, hear, and even experience some examples of it personally relatively in the beginning of it all: education and technology are constantly developing so that we are able to reconnect and learn from each other. We re-evaluate the role of long walks, exercise and nature in our lives. Finally: do we realize that air pollution, which is seriously endangering our planet, is constantly being reduced?

“EMOTIONS NEED MOTION.” (DAVID KESSLER)

What we can do is find a balance between our negative feelings and our thoughts and accept that the thing we are experiencing is grief. When we are anxious, it is natural to imagine the worst possible outcome. However, the goal is not to ignore or get rid of these feelings because our feelings, emotions are produced by our bodies, they are there even if we do not want them. Therefore, the belief that negative feelings should not be experienced is wrong. The opposite is true: we can get through a feeling if we are able to name it and thus experience it. So, it is our job to give ourselves a few minutes to experience that feeling, the fear, the anger and the sadness. If we allow ourselves to do so, our feelings will pass through us in a controlled way, making way for the things to come. In this way, we may be able to draw strength from them without becoming the victims of our own emotions.

"PAIN IS INEVITABLE. SUFFERING IS OPTIONAL." (MURAKAMI HARUKI)

Of course, it is important that we feel good during the work with our emotions. Do not neglect the things that make us happy, live the happy moments of our present and focus on what we can influence. Paradoxically, it also helps to think about the losses we have faced so far in our lives and what helped us to move forward in those times. We can even draw our own timeline: what kind of important events and how they have affected us in our lives? Negative experiences tend to be much more intense but there is also much more we can learn from them.

Finally, it is also a good opportunity to develop our empathy. Everyone grieves differently, experiencing these feelings at a different pace. Be patient and do not judge others the way they behave in times of crisis because in the current situation, it is unrealistic to expect ourselves and others not to live and feel a stage of grief and feelings.

Let ourselves mourn, then move on."

Compiled by *dr. Boróka Gács* based on a [Harvard Business Review](#) article

3 April 2020

Do you also wear a muzzle?



“Younger children and our older relatives have to cope not only with the restrictions caused by the epidemic, the lack of physical proximity of their loved ones, but also with the many new concepts, expressions, remembering and also interpreting these that rain down on them from the media.

I suppose it is not just our family that has some nice and funny miscommunications, coming either from a child or from an older relative. In our family, the great-grandmother’s latest wisecrack was inspired by her concern: "Do you also wear a muzzle?" We reassured her that for now, only a mask is recommended...”

6 April 2020

Your opinion matters!

„...everyone is important in the spirit of mutual respect, trust and cooperation...”



“Earlier this week, as a course director, I received a letter from the person in charge of the year I am teaching who politely, respectfully asked what he should do about the exam period as a person in charge. The student also cautiously asked whether "in view of the special situation, does his and the year’s opinion matter?"

I answered, and my answer, I hope, is the belief of all other teachers and students as well: in a School striving for success and effectiveness, everyone is important in the spirit of mutual respect, trust and cooperation, their opinion matters, be it a teacher, student or other staff member because we are interdependent. With this interdependence, if we are real partners in this, we can achieve a higher level of working together, and we can all enjoy the benefits. The real meaning and value of our work lies in this.”

7 April 2020

The power of example

„Let’s draw strength from people who inspire us, from their stories, because there is such a person in everyone’s environment!”

“We are all in the same boat now and there are people who do not have as many positive experiences in their daily lives as others. The fact that other people are in a more miserable situation than we are may be comforting for a while but let’s face it, it is a pretty small comfort and by no means positive. What if, when we just cannot find anything good in our day, we look for a person in our lives who can be an example to us? Surely, we all know such a person and we also know what makes them exemplary.



For me, my grandmother is this person, she turned 99 last week. She lives alone and she is self-sustaining. We help her do the shopping, help her with day-to-day matters, but she is mentally fresh and recently she was even able to change a light bulb. Of course, we did not praise her for it because we worry about her. I thought about what she has been through so far: she raised seven children, thanks to which there are “only” 102 members in our close family where everyone knows and loves each other. It is a huge thing in itself. She gave birth to her first child in Vojvodina in February 1945. My aunt was a one-kilogram baby born in the winter in a refugee camp. My great-grandparents were then relocated from the camp to Hungary, my grandmother was left alone with her premature baby because my grandfather was on the battlefield. When my aunt got stronger, the two of them fled to Hungary where they searched for the rest of the family. Back then, there were no Google Maps, Messenger, or even Oscar, and not even a phone, as there was no food either.

And all I have to do now is stay home and get through something big and stressful. We have Internet, Messenger, we have food and we are not cold. If I am not capable of that, then I think I am not worthy of her legacy either. I can definitely do this, I have to, smiling, proudly, because I have such ancestors behind me.

Let’s draw strength from people who inspire us, from their stories, because there is such a person in everyone’s environment!”

Korinna Kajtár
Registrar’s Office

8 April 2020

Today



“When you can hug your partner and child, when you can see your elderly relative from a distance, when your relative or friend living far away pick up the phone and are happy for you, when you see your neighbour gardening happily, when you can take what you need off the shelf in the store, when the bread is beautifully baked, when there is food on the table, when the sun is shining, the flowers are blooming, the birds are gathering, and when you wake up and feel good, you can be glad. For today.”

9 April 2020

The dean’s leadership’s photo message to students



Crazy education

„...even though the world has turned upside down, it can still be beautiful!”

“We could learn it during the 7 habits training and now we can practice it. The question is whether we will realize how many opportunities and new approaches this reversed world holds for us.

First distance education week, first day, Hungarian lesson, second-year students. Beyond their big decisions whether they should go home or stay. I ask, where and how are they? Some from Düsseldorf, some from Bremen, some from Pécs. We discuss that we need to stick together. I can see that two students are wearing caps. Instinctively, I would like to warn them because this is indecent in Hungarian culture. Then my inner voice says, "But the world has turned upside down, don't you understand?" Finally, I tell them, "Please, for the next class, everyone wear a cap”!



That is how it will be, we praise each other's hats and caps, and whoever forgot it can put one on quickly. In the absence of a lay actor, I am their patient, the second-year German students wearing caps take my medical history in Hungarian and figure out what my illness is from a few questions.

To boost the mood, next time we will also wear a mask and sunglasses, entertain each other, which is a real challenge especially when practicing the Hungarian pronunciation. So we are doing our job, and even though the world has turned upside down, it can still be beautiful! ”

Dr. Rita Kráncz

Department of Languages for Biomedical Purposes and Communication

14 April 2020

National skype conference with a ringneck dove

We had to re-dimension the communication and exchange of experiences. In three examination systems, across the country, hundreds of PROFEX candidates waited for what the Educational Authority, the examination center, the examination places and most of all the coordinators, with whom they were desperately in touch, will say. The message exchanges took place through a huge collaboration. So, the skype meeting of the PROFEX coordinators was definitely due, and even necessary in the new situation.

How different does "how are you?" sound for a few weeks now... We stop and pay close attention to each other, while scanning the other's voice and face to see if they are really okay. Sometimes a child passing by or just hiding behind his or her mother makes the exchange of experiences with colleagues from Budapest to Szeged even more lively. When we get to the last item on the agenda, the report of our colleague, Sára on the results of PROFEX feedback, we suddenly notice an amazing laugh. Turbék, the ringneck dove, is commenting on what Sára says from the background. Everyone laughs together, freely. Then on the skype chat, the discussion continues, and feedback comes one after the other about how good it was to hear each other and how important it is to take care of ourselves.

Dr. Rita Kránicz

Department of Languages for Biomedical Purposes and Communication

16 April 2020

Uplifting moments



“Today my second-year foreign students had an oral exam. Since the exams are now online, every time we also talk a little about where and how they are. One of my students, a Norwegian student, decided to stay in Pécs and turned to me with several questions, such as when to go to the store. We also discussed who to turn to for help. When we were talking about this he smiled and, to my great surprise, offered to tell him if I knew someone he could

help and to tell him if I knew who to shop for, either elderly people or doctors who do not have the time or means to do so now. It was uplifting and touching to hear all this.”

Alexandra Csongor

Department of Languages for Biomedical Purposes and Communication

20 April 2020.

From students for students

„...thinking about their feelings, developing their self-knowledge, and thus surely becoming better doctors.”

An innovative note has been compiled at the Department of Behavioural Sciences in the framework of the Medical Sociology subject, titled "Who is healthy?". During the last personal meeting of the semester, I asked the students to describe in an essay the feelings and thoughts that arose in them while watching "Álomturné" (*Dream Tour*) (documentary, 2005, ed.: Judit Gáspár, director: Csaba Szekeres) voluntarily at home, and describe how they reinterpreted the concept of health.

I have been presenting this film to students for at least ten years, usually during lectures, after which they also have the opportunity to express their feelings and thoughts. Those writings also contained many valuable aspects, but the short period of time and the circumstances were not always adequate to be able to create such deep writings as the ones in the volume.

In the forced closedness of quarantine, after the first few "papers" I already knew that these would result in a student note, written by students.

The many valuable, often personal writings that also share experiences help all of us. The students who wrote these shaped themselves by thinking about their feelings, developing their self-knowledge, and thus surely becoming better doctors.

Thank you to the student colleagues for being my partners in this learning-teaching process!



Dr. Zsuzsanna Füzesi

23 April 2020

Love in the time of the corona

“HILDEBRANDA HAD A UNIVERSAL CONCEPTION OF LOVE, AND SHE BELIEVED THAT WHATEVER HAPPENED TO ONE LOVE AFFECTED ALL OTHER LOVES THROUGHOUT THE WORLD.” *

When the one-month-long quarantine was ordered in China to fight the spread of the coronavirus, *Global Times* reported a record-breaking number of couples filing for divorce in Wuhan. This may be because the virus can infect not only our bodies but, invisibly lurking, also our feelings and relationships. What can we do to ensure that confinement, or even isolation and loneliness, do not become our enemies, but the facilitators of the development of our relationships?

The key to stop the spread of the virus is isolation. In contrast, our job is not to close our feelings and relationships. This will most likely result in us *“erect[ing] a barrier of wrath to hide [our] fear”*. Anger, on the other hand, will be directed towards whoever is closest, our partner, our family, or ourselves. But if we deal with our feelings skilfully and carefully, *“the heart’s memory eliminates the bad and magnifies the good, and [...] thanks to this artifice we manage to endure the burden of the past.”*

"HUMAN BEINGS ARE NOT BORN ONCE AND FOR ALL ON THE DAY THEIR MOTHERS GIVE BIRTH TO THEM, BUT THAT LIFE OBLIGES THEM OVER AND OVER AGAIN TO GIVE BIRTH TO THEMSELVES."



The first step we can take to increase our relationship and emotional immunity is to clarify where we are in our personal and relationship development. It is important to know that we are all going through a lifelong development both individually and regarding our relationships, with specific stages and crises. However, when these normal-paced stages and crises meet an unexpected crisis, such as one caused by a virus, we become much more sensitive and vulnerable.

In our relationships, we essentially repeat the stages of the attachment development of the mother-child relationship. The first stage is the period of symbiosis, in which case the couple almost merges into one. Differences, negative emotions are neglected, these rose-tinted glasses are the “we” period. The next stage, which often causes conflicts, is the period of “I”, of differentiation. At this stage, our focus is again on ourselves, on our own needs. The differences are emerging, and we begin to actually see the other’s true self. At this stage, the goal is for neither party to feel constrained, and the need for security should also be given room. Accepting the differences and being able to exist without each other while maintaining intimacy leads us to a mature relationship. The next stage will essentially be the practice of this differentiation. During this period, it is perfectly okay for the need for security to decrease and self-fulfilment to come into focus. This stage is the busiest period, especially if

one of the members of the couple would feel safe at an earlier stage. Finally, if we can deal with the crisis of this stage, we can move to the stage of rapprochement, which will be characterized by turning to each other again, experiencing a sense of belonging. Confidence solidifies, both members of the couple know that even if the other is away, they will not leave. This era is characterized by the pursuit of consensus, what decides between “I” and “we” is which one is more important at the moment.

“OVER THE YEARS THEY BOTH REACHED THE SAME WISE CONCLUSION BY DIFFERENT PATHS: IT WAS NOT POSSIBLE TO LIVE TOGETHER IN ANY OTHER WAY, OR LOVE IN ANY OTHER WAY, AND NOTHING IN THIS WORLD WAS [IS NOW] MORE DIFFICULT THAN LOVE.”

Based on these, it is easier to understand how the confinement, isolation can be toxic for whom, especially if the couple does not change at the same rate and enters a new stage of development. Continuous confinement, therefore, can be harmful especially when the relationship is in the differentiation or practice phase. It is a really big challenge to find ourselves in a healthy way outside of a relationship, with our daily lives filled with relationship and family problems, or with the organization of daily life. Distrust can develop, for example, because of online conversations that take too much time, but distrust can be stifling for the other party. However, for a young couple in the period of symbiosis, it can be very difficult and challenging to spend weeks, even months, without each other.

“IT WAS EASIER TO AVOID GREAT MATRIMONIAL CATASTROPHES THAN TRIVIAL EVERYDAY MISERIES.”

To endure confinement, no matter what stage of life we are in, requires great self-discipline and sympathy. It helps if we keep in mind that this is not necessarily a good situation for our partner either, he or she may have similar or may struggle with other anxieties. Paradoxically, however, this period is great for getting to know each other better, learning to understand and tolerate each other in order to enter a more mature phase of the relationship. We are forced to enter the story of the other party. The story that might be quite different than we thought.



Many times we pay so much attention to our own thoughts and feelings that we are unable to imagine what might go on in the other’s mind, what they need, what they see / hear and do not see / hear from us. Give ourselves a chance to see our lives from the other’s perspective because that is the only way we can find the solution. Feel free to use magic words like sorry or thank you. Gratitude and forgiveness bring a lot of positive feelings into the relationship in the long run. Thank the other for something else every day, whether we live our daily lives together or in isolation. In addition to all this, it is our natural desire to be separated, which may not mean the same thing and take the same amount of time for all of us. It is extremely important to be able to support each other without judgment.



So, make sure everyone has responsibilities, but leave room for “me-time” as well. Find the things that turn you off and calm your nerves. We can also be creative with joint programs: enjoy having time with each other for breakfast or doing some kind of exercise together, even online. Organize online meetings, keep in touch with your loved ones and friends. This is most important when we are away from others, or even at the beginning of a relationship when we barely know the other. Use the online platforms to get to know each other thoroughly so that when

this is over, we can live the dream of Marquez’s novel: *“he took off the face that she had always seen on him because in fact it was a mask, but his real face was identical to the false one.”*

“ONE COMES INTO THE WORLD WITH A PREDETERMINED ALLOTMENT OF LAYS, AND WHOEVER DOES NOT USE THEM FOR WHATEVER REASON, ONE’S OWN OR SOMEONE ELSE’S, WILLINGLY OR UNWILLINGLY, LOSES THEM FOREVER.”

Finally, if we are alone during this difficult time, notice: we are getting closer and closer to each other by moving further and further away physically. This crisis is an opportunity to change our attitude towards each other and ourselves. Whether we are able to see this situation as an opportunity to get to know ourselves and become a mature adult, which is also essential for a mature relationship. In this sense, this separation is also the best opportunity to learn commitment. Of course, this does not mean that we should isolate ourselves, but it is a good time to pay attention not only to what others think



about us, but also to how we think about ourselves, how we react, what our needs are. Pay attention to our present, to ourselves, pay attention to the fact that *wherever we go, there we are***. This is the time to make friends with ourselves and our experiences, which includes our bodies, our minds, our hearts. We do not have to get anywhere; we just have to follow the path. We do not have to have expectations; we should just simply recognize where we are. We do not have to keep doing something, we just have to be. Isn’t it liberating?

Dr. Boróka Gács

* Quotes from Gabriel Garcia Marquez's "Love in the Time of Cholera"

** reference to Jon Kabat-Zinn's book titled "Wherever You Go, There You Are"

27 April 2020

Are we really “in the same boat”?

- *or how does our personality influence the way we deal with isolation?*

The boat we are in is really one and the same in the sense that we have to deal with the same psychological challenges specific to the epidemiological situation: insecurity, physical and social distancing, isolation, a sense of loneliness. On the other hand, we are very different in terms of how we do this. We individually “row” with different “techniques,” depending on what we have learned and practiced in our lives so far. That is, we deal with these challenges differently depending on our personality. But what makes it easier or harder for people to row, why is it that we feel like we are moving against the tide or in the same direction?



Our mental coping is greatly influenced by where we are along the extroversion-introversion dimension. This continuum develops in our early childhood and remains relatively stable throughout our lives. It influences in what environment we feel good and how we respond to these environmental stimuli. Extroverted people are more eloquent, social relationships are more important to them, while introverted people are better able to enjoy being alone and often feel that extroverted people’s rush is too much for them. For example, one study found that conscious use of extroverted-specific behaviours does not induce positive feelings in introverted individuals, but it induces fatigue and irritability. In the current situation, now at the time of the epidemic, the rules of physical and, in close connection, social distancing force society to do just the opposite pattern of behaviour: it has also become necessary for extroverted people to use introvert-specific behaviours that are alien to them. Therefore, it is understandable that rowing is now more difficult and exhausting for them, while perhaps less challenging for introverted ones, as being alone does not bring them a negative sense of loneliness. For them, loneliness is nothing more than turning to ourselves, and that is why it can even have a healing, emotionally supportive effect.

On the other hand, other dimensions of personality can also shape the way we deal with the crisis. Research has examined those living in extreme conditions and in isolation, as well as long-term employees, and found that certain personality factors also affect how easily they cope with very difficult life situations that are well outside the comfort zone. Relying on the main features of the most famous personality model, the “Big Five,” those who are more conscientious, that is, characterized by planning, perseverance, easier adaptation, struggle for goals, and responsibility, will find it easier to develop a new daily routine. This is also recommended by experts in order to maintain mental health. Those who represent a higher value in the dimension of *friendliness* may also find it somewhat easier to cope, as they are able to maintain relationships more easily, even online.

As they are also characterized by a high degree of care, cooperation, and emotional support, they are likely to be the ones who can represent a high degree of solidarity with their family, environment, and fellow human beings that can be healing in this situation. The next feature of the model, *openness*, is characteristic of those who have a fundamentally positive emotional attitude, are open to new experiences and have a vivid imagination. These people in this situation are likely to find easier new, creative ways to relax, even ones they have not tried before. In contrast, those with *neuroticism* and who are generally more sensitive to stress and negative emotions are most at risk for anxiety and depression during this challenging period.



Overall, therefore, “social introverts” are the most protected, i.e., those who like but do not need social interactions, and are also open and sensitive to others and themselves.

Of course, these are just generalizations. Introverts are not immune to loneliness, and even the more sensitive personalities are able to stay healthy using adequate internal resources and social support. In addition, do not forget that we cannot expect every piece of our personality to perfectly comply with and adapt to the situation. It is an important protective factor in itself to be aware of how we operate, that is, what type of boat and paddle we are dealing with, and to try to find the right strategy and flow accordingly.

Dr. Boróka Gács

4 May 2020

Pandemic Academy

„It is easier to exist in each other's presence or absence than to be present in the other's constant absence.”

“Since the universities were closed on 12 March as a result of the COVID-19 epidemic, I have seen more sunrises than in my entire life so far. Silence and concentration are essential for thinking and teaching. However, I have a two-year-old son. The first time I tried to record the material for my class presentation, on the last two slides it was clearly audible as he played with his small car in the background. Night and dawn - when he is asleep - are the periods when I have the opportunity to work in peace for a few hours at a time. And in the meantime, my colleagues have already met my little boy, whose head sometimes pops up on the webcam.” – written by Alessandra Minello on the Nature Research Journal’s website.



It was a reassuring feeling to read these lines as if they were written exactly about my life, and probably about the lives of many of us. Now we can clearly see that the world has not stopped, but it has taken a huge turn in the lives of instructors, health care, and university staff. Although most planned foreign and domestic conferences and symposia have been cancelled, this situation has brought with it a series of new challenges that often require not less but significantly more effort and work, regardless of how our work-life balance is turned upside down by the home office and what extra burdens it imposes on us. In this situation, superhuman strength is needed to be able to perform at the usual maximum. Facing this, however — especially for those prone to perfectionism — can be painful in itself. If we make a mistake, we just get even more anxious and feel that we cannot do our job or our household chores well enough. Anxiety then results in further brooding, guilt, magnifying our mistakes, which in turn leads to a decrease in self-efficacy and self-esteem, and to being so preoccupied with our own anxiety that we forget to notice if we succeed, or we neglect our duties in the absence of psychic energy. For example, we do not realize that our child wants attention because we think about what we did wrong in our job, and vice versa.

However, being perfect is an impossible mission in all areas of our lives and working online is more stressful in many ways. In the case of personal meetings and conversations, our gaze wanders constantly, unnoticed, between the other party and the environment, which has a relaxing effect. In contrast, in an online conversation, the focus is on the other person's face, upper body, which is much more tiring. In addition, while working online, there is a great temptation, or even pressure, to share our attention (reading emails, children shouting in the background). This attention overstimulation puts you out of the original focus, thereby reducing our level of attention capacity and performance. Not to mention the technical issues, whether there is proper Wi-Fi, image and sound. So, working online is a challenging task and it takes time for us to learn to adapt to it. This space is a new space for all of us between presence and absence, which can naturally create uncertainty in us. In the words of Gianpiero Petriglieri, a renowned researcher in business sciences: *"It is easier to exist in each other's presence or absence than to be present in the other's constant absence."*



That is why it is important that we can tame this ever-picking “little devil” bouncing on our shoulders, constantly whispering in our ears that “you did not complete it in time either,” or “you messed that up, too,” and “you are not good enough”, “you are unable to do this”. When we are able to realize these feelings and our unrealistic expectations towards ourselves, we can easier accept that we cannot be superheroes and heroines in all areas of our lives, even if it is a social expectation. As a parent, it can also help to see how this role makes us a better workforce and how our work strengthens our privacy competencies: for example, I can cope more easily with a

challenging situation or conflict, I am more creative, patient and understanding because this is also what my role as a parent teaches me. On the other hand, the social and emotional regulation and problem-solving skills I draw from my work can help me to better manage my own and my child's emotions and difficulties, not to mention my colleagues and students. When we realize how much benefit we can gain from letting go of the unrealistic picture of perfection, our tension will also decrease, allowing us to be more present in our families' lives and more productive in our work as well. Of course, there are situations where perfectionism and striving for the maximum are explicitly necessary and expected, but remember that we are not alone with these feelings, as a researcher, a doctor, or even an instructor on the other side of the world is struggling with the same dilemmas, or even your colleague, your student, who you see on your monitor in front of you.

Dr. Boróka Gács

5 May 2020

The queue is not that long

“The math teacher is waiting in a queue in front of a shop. There is a reluctant expression on his strict face. The queue is very long - he thinks angrily, I am standing about thirty meters from the door, I will never get there. Of course, it is also true that people are a meter or two apart, meaning there are not that many of them, say, twenty, or rather just fifteen.

So many of them would be in front of me, of course, scattered, crowded everywhere, and even pushing each other, as it used to be. And then the guy would push that big, swaying basket in front of me, slowly, wondering, and would get on my nerves. This way I am outside, the sun is shining, and I am doing something for the others too. The others do the same for me.



Interesting, stupid situation, but it feels good. On second thought, the queue is only five meters long if I convert or compress or abstract, or whatever... Anyway, the point is, this queue is not that long.”

12 May 2020

Advantage in disadvantage

„...we can transform this negative thought into several positive suggestions...”



“Although negative thoughts may come to the fore in a crisis, it is good to recognize them and make them rather positive. For example: due to the curfew restrictions, I cannot travel to Veszprém to visit my boyfriend, but I have to stay at home - we can transform this negative thought into several positive suggestions, thus helping to avoid a negative trance: so, I have much more time at home, I can study more, thus my grades are going to be better and I will also finish the exam period earlier, after which we can even spend the whole summer together.

It can also be this way: now that we travel less to see each other and do not spend money on programs, we will have enough money to go on vacation when the state of emergency is over. Stress caused by a crisis can also be reduced by increasing the sense of control. In our family, every day someone else can decide what we should have for lunch. Studying can also have such an effect on our sense of control by deciding when, what we study, when, in which subject we want to take the exam.

Finally, the crisis can also be seen as an opportunity for development. Education is developing, educational videos are being made that I can watch several times and I can study the curriculum better with the help of these. I am also improving my cooking skills because in order to reduce the risk of infection, I do not order food, but I prepare it myself. I spend more time with my family, pay more attention to them than before. All these things help me to become a better person after the crisis than I was before.”

14 May 2020

Everything will be all right

„...confirm to everyone that this is only a transitional period...”



“Because we are different and our life situations are different, this period provokes different reactions from everyone. It depends on how many people live in a household and what their relationship is like. It is often difficult to behave calm, by controlling ourselves. As a student, it is an important step to create for ourselves a place in the apartment where we can be alone and do our daily tasks without being disturbed by anyone. I do not find confinement that bad, and maybe my peers either, as the exam periods have already forced us in this situation to some degree. The different thing is that we do not have privacy right now and we have to adapt to someone else all day. It makes it easier for me to discuss everything with those who live with me. We can help each other a lot by paying attention to each other and by drawing attention rather to positive things, like the fact that we now have plenty of time for things we have not been able to do so far. Talk and divert our attention from the problems. Think about the solution and confirm to everyone that this is only a transitional period, and everything will be all right.”

18 May 2020

We have endured it together

„...we will learn to appreciate the seemingly insignificant, everyday things as well.”



“Five of us live in a 73-square-metre estate flat. Everyone works or studies online. The walls do not insulate properly, there is no chance of finding a quiet environment. I constantly feel the tension that surrounds us. Of course, this is also the effect of the upcoming exam period. At the same time, I think this whole quarantine thing also helps with studying. I know everyone does the same thing, they prepare at home, they take exams at home. When everything goes back to the usual, we will be incredibly grateful for the minutes we spent alone to our family members, our

beloved, our children, that we have endured it together, they have gone through this with us, we have tolerated each other and strengthened our relationship. I trust that when this period is over, we can be happy and calm again and we will learn to appreciate the seemingly insignificant, everyday things as well.”



21 May 2020

"Be as strong as water!"

- the last few months' experiences -

"I believe in the possibility of a world where our interconnection is a deeply known and motivating force, where no one is left out [...] where change might be hard, but is always seen as possible, however stuck we might feel in any given moment."

(Sharon Salzberg)

"As time passes by, the end of the academic year is approaching, and the restrictions are slowly being lifted. Perhaps we already feel that soon this challenging period is going to end. We do not yet know exactly whether it will continue, and if yes, how. However, our uncertainty has probably already decreased. Maybe we feel more and more competent (and maybe more and more tired) in these changed circumstances. It also provides an opportunity to reflect "here and now" on what we have learned from the vicissitudes of the past, what are the things into which we might never have gained an insight without the crisis.



When we talk and hear about strong and intense emotions, they are usually accompanied by images that are hard and solid. Maybe that is why we think connection, sympathy, and kindness are not that strong feelings. True, these emotions are not as solid as a rock, not as hard as a stone, or as tight as a fisted hand. Yet, in the true sense of the word, perhaps the most powerful feelings are as strong as water. Just think about it: water can take shape in all states, it is our basic need for life. It is constantly in motion: flowing, evaporating, boiling, melting.

Water is flexible, adaptable, and it constantly interacts, looking for a connection with its environment. Over time, it then forms its own path, even through a rock-hard cliff. Sometimes it might freeze, but then it melts. Kindness and sympathy may seem weak at first as opposed to anger, antipathy, revenge, but they are actually stronger and

more resilient feelings. They gain energy from our own need for connection and always take the shape (if we let them) the way we need them. So, we may build dams, freeze them, we may resist, but sooner or later they will make their way anyway.

Of course, everyone has gained different things over the last few months, but the most important thing for me, which was again confirmed for me, is that the greatest force necessary for the physical and emotional survival of humanity is nothing but, in every sense of the word, water: sympathy, collective emotional support.

LET'S FACE IT, WE ARE CREATURES “HUNGRY FOR CONNECTION”

We need each other's support, understanding, and tolerance when something hurts, when we are vulnerable. Even when we are physically away, we need to know: we exist in the minds of others. That is why we can only be strengthened if we are able to connect emotionally to each other. Perhaps this idealistic idea of a collective turning to each other seems unrealistic, though it is not. Emotional isolation and lack of connection have a scientifically proven traumatising effect on humans.

Dr. Sue Johnson, the creator of Emotionally Focused Therapy, has also researched the relationship between human attachment and the function of the nervous system.

When we feel rejected and abandoned, our nervous system evaluates this feeling as just the same danger and stress that triggers the well-known “fight or flight” reaction in our body. If this danger persists for a long time, we become vulnerable, and our body gets exhausted. Moreover, when we feel insecure about connecting to our environment, we also tend to respond with aggression or, on the contrary, isolation, further distancing ourselves from others and thus making us feel even more alone, thereby reducing our already fragile sense of security. Therefore, paradoxically, the stronger our ability is to connect, the less we are affected by separation.



We bring our attachment patterns with us from an early age, from our infancy and childhood, but we may be able to rewrite these attachment patterns with our new attachment experiences as adults as well. An infant, when the attachment person who is important to him or her is not available emotionally or is not ready to respond, can do nothing but cry, yell to draw attention to himself or herself. When they get no feedback on this either, they escape the situation, turn to themselves, and learn that they have to deal with their feelings on their own.

The world is now suffering not only from COVID-19, but also from the virus we call: the lack of emotional connection. The epidemic has provided an opportunity for us to feel closer to each other, regardless of religion, nationality, or gender. As the crisis surrounds us, it also gives us a chance to find each other in the disunity and to get emotionally closer to each other regardless of physical distancing.

Some people have become more polite, open, and kind in the recent period as they have realized that their lives are in each other's hands (too). There are also those for whom physical distance has caused emotional distancing, perhaps aggression, anger, frustration. Remember that they should not be judged either. This is what they learned. Once upon a time, this was their only chance to survive. On the other hand, we can help ourselves and others if we are able to recognize and accept this and give ourselves and others the opportunity to learn a new kind of safe connection, to rewrite our pattern of attachment.

TURN TO OURSELVES WITH CURIOSITY: WHAT ARE WE GOING THROUGH IN THIS INFINITE MOMENT WE CALL: NOW?



On harder days, I often felt like I was going through all the feelings of the world at the same time. Joy and sadness, frustration and relief, fear and courage, loneliness and connection. Allowing ourselves to feel all these feelings at the same time requires tremendous energy. In this state, it is not easy to be receptive to the feelings of others, especially when, partly consciously, partly unconsciously, we are trying to keep ourselves away from these feelings. And all this for the supposed truth that we will protect ourselves and be less vulnerable. However, when we change our attitudes and become able to turn safely and curiously to ourselves, we can also be present in our relationships. When we turn to ourselves and others with sincere, childish curiosity without being guided by our pre-formed thoughts (judgments), we become truly capable of that certain safe connection. Perhaps the hardest part is being brave enough to slow down and accept ourselves without judgment, thus giving way to the “water” within us. Even if rocks must be broken for this and something different, new and unknown awaits us.

Are we able to stop for a few minutes at this moment, take a deep breath, and just pay attention to ourselves? *Can you feel the water already?*

Dr. Boróka Gács

25 May 2020

Weekly letters to "7 habits friends"



“At the beginning of the coronavirus epidemic, everyone started to work at full speed. The reorganisation of educational and research tasks, standing our ground in patient care, solving family matters provided us all with a lot of tasks. So many that we had no time to think about other things.

However, the 7 habits trainers of the MS Department of Behavioural Sciences Division of Medical Education Development and Communication felt that now was the time to support those a little whom they had met in recent years in the frame of trainings, with whom they have common experience, knowledge system and “vocabulary” and with whom they would like to shape the School.

There are not just a few people in this family, we have already 358 colleagues on the e-mail list!

The support was sent on a weekly basis and in the form of messages formulated along the habits - not surprisingly in line with the 7 habits - for 7 weeks.

We kept receiving kind messages, thank you letters, and even phone calls, all of which confirmed that it was worth continuing. We have selected some to show you that you were not alone (it is not an exhaustive list).

“You made my day again. Everyone who has an open heart (eyes and ears, of course) and experience such a challenge with it can receive kind and useful thoughts. The time spent with you has already shaped me a lot, so I would love to participate in the "tour" from you, with you, and through you in the coming weeks.”

Some also supported us with their motivational message: *“Do not be afraid and look to the future with confidence,”* others shared with us their values: *“Throughout my life, love, health, and the time available to us have always been the most important things for me”*. Understandably, these messages did not get through right away:

“When I got the material related to the first habit, I suddenly did not know what to do with it because my days were still very chaotic at the time. In the fourth week, however, I was really looking forward to the next instructions. Thank you for helping me return to a safe place in these unusual, uncertain times!”



Then, in Week 8, we asked our friends for feedback on whether our 7 habit summaries helped them. We have received many kind and supportive feedback, which we would like to thank hereby as well! We were very happy for those who wrote about continuing the practice they had already learned in the training, even in terms of time management. There were those from whom we could also learn, they showed us such detailed and conscious planning. Others have discovered synergy situations in their environment that could also be exploited at the time of the virus.

Most people reported that we were able to give them the strength to continue their daily burdensome work and tasks:

“I would like to thank you for your work. I wanted to let you know that it matters a lot to me.”

“Thank you so much for your letters, which I always read with great pleasure and I happily think back to the time we spent together during the training.”

“I think anyone who took the training seriously, or at least did not resist it, welcomes this support.”

“Thank you so much again for the reminders and help. The most frequently uttered sentence lately was the following (which I have tried to stick to): “Let it go, it is not in your circle of influence!” Time management and “sharpening the saw” have helped in the same way. Although probably not everyone was happy that I did not want to work on my day offs and at the weekend, except when it was an emergency. It happened many times, but we saved the day.”

“I would like to thank you for the continuously received positive waves with the 7 habits training “Special edition” program. You are fantastic!”

“The few minutes I could spend with the “help” you sent me moved me a little out of my hard thoughts. It was reassuring to read what you compiled, I drew strength from them, and I was always looking forward to the next one.”

“I would like to thank you for dedicating attention to me, to us, even in this difficult situation, and for sending me, us, a lot of pieces of advice and good wishes!”

“Thank you very much for your persistent work, with which you helped us make our everyday lives easier and more efficient. I will continue to support the initiative in the future because there is a great lack of paying attention to each other in everyday life due to the busy lifestyle. This attentiveness is very important to both the staff and students. We are not the same, we react differently to different situations, and the current one is a challenge even for the “prepared”. I believe that the help you provide is necessary for all UP staff and students.”

“I also found your weekly messages very useful, thank you very much for helping me find the balance, or at least getting closer to it.”

There was also no lack of humour in the feedback:

“Your messages and the reminder of the 7 habits training appeared very refreshing in the email flood. The few minutes I spent reading them gave me strength, freshness to process (or delete) the next thirty emails. A quick breath, modest regeneration, and then diving again to the mussels.”

“In the classes, I am in the clothes I wear to teach. I also put some makeup on and do my hair. Even if there is actually no camera. In fact, I even ordered new clothes for my work.”

“For me, the first one meant the most: “Focus on the things you can do something with!” I started to limit the news I follow, which of course I was interested in, and I decided to start dealing with my own stuff regardless of the coronavirus because I cannot say in my lecture that I am sorry, I just put it together

because I was busy reading the news. I have been very well reassured that one does not become a sloppy, anti-national citizen if he or she is not dealing with the epidemic only. I can say that I brought out quite a lot from the period that followed. The penultimate letter also had a big impact on me, which said that there is life outside of work and tasks because we think in the long run, we want to endure.”

As behavioural researchers, we know from the literature that helping others also reduces your stress levels. That is not (only) why we did it, and we do not claim that we did not have difficult times, but the many positive feedbacks and good wishes also affected us, thank you! Reinforced in our goals, we continue the work we started because it brings us joy as well.

“#thegoodthingis that there are people, minutes, who and which bring happy moments. Thank you for the reminders, feel free to reach out to us sometimes after this as well.” ☺



This is what we will do!”

TRAINERS OF THE 7 HABITS:

Béla Birkás, Nóra Faubl, Zsuzsanna Füzesi, Boróka Gács, István Hartung, Zsuzsanna Varga

29 May 2020

Recognition, returning

“The instruction period is over; a significant part of the exams has also been carried out. Soon we can finish this special semester, which has brought not only many problems but also interesting new experiences. In everyday life, but also in the course of our work, we have seen that we pay more attention to each other than before, express, and also receive more recognition. A very important lesson from the past months is that more effort is needed to deal with unexpected, new situations, and it was good to see that many people responded to the everyday difficulties in this way.

There are many examples of recognitions, in connection with two of which I would like to share my personal experience.

During the semester, we paid special attention to preparing students to deal with new situations (distance education, online examination), to clarify and quickly resolve problems. This meant that we were available to them in several forums, and we tried to inform them about our solutions in time, both in Hungarian and in foreign languages. All of this is of course natural, but anyone who has managed something like this before knows that sometimes it is very tiring to respond to the flood of emails, to write letters regularly to groups of students, to years. It is burdensome even if it all happens thoughtfully and in an organized way. It was surprising and unusual for me that one of the year representatives, on behalf of his peers, highlighted how grateful he was for our constructive attitude and thanked us for it. I do not remember that something like this happened before, even though we had treated student affairs similarly before this as well.



The other example is of higher level. We recently held an institute meeting. We discussed important issues in several agenda items: we looked back at the semester and, as far as possible, we also tried to look ahead and plan. As the first item on the agenda, the head of our institute acknowledged the six-month performance of all colleagues. Personally, I think we stood well our ground as a team, there were also those who excelled. I have to add that many times we only experienced the end result, as a significant part of the work in the home office fragmentation remained invisible. The real surprise, however, was the commemorative coin shown in the photo.

I have never received anything like this during my long career, and I have rarely seen similar solutions in other places. However, such a gesture means a lot! Not only does it confirm oral recognition, but it also commemorates the situation to which it is attached.

Of course, it is worth making sure that these gestures do not become trivial because then they lose their effect that lies in reinforcement, in feeling that we are not alone, and they also help to make our difficulties feel less burdensome. I think we should talk more about experiences like this because there are fewer times when we talk about why we like to work than, say, about burnout.

The recent months gave us many lessons. It is certain that a lot of things will change in the future, as we have experienced new opportunities, learned to use them, realized that they can enrich our lives and simplify solutions at the same time.

We should think about what is worth paying more attention to in the future, what things are up to us. For me, one of these is to not take for granted the efforts of others and to not respond routinely to them. The feeling of the recognition of others inspires me as well, it moves my imagination.”

11 June 2020

The best anatomy exam of my life

- Brief an Leiterin des Instituts für Anatomie -

"Dear Teacher,

I would like to inform you that I have successfully completed the final exam. I am very happy!

I would like to thank you for what you have done for us in this very special situation. Lots of extra hours and work, sincere care. I think it provided not only me but also the other members of the group with a huge amount of spirit. I thank God that you have become our practice leader this semester!

I would like to thank every staff member of the Department of Anatomy for the demonstration videos, the uploaded lectures; I know this also required a lot of work.

I hope the group will be able to gather again in September for a celebration!

The exam was a very good experience, the examiner was Professor Csernus. He was incredibly kind and patient, he immediately asked a question to help me out if I did not know something. The cadaver examination lasted long; he asked everything thoroughly. In the case of each picture, first I had to recognize landmarks, so I calmed down quickly because before that I was very afraid I would not know where we were based on the pictures. I think it was the best anatomy exam of my life. I also liked that he asked many clinical aspects. By the end of the exam, I believed it was a realistic dream to become a GP in the future!

I wish you good health and a wonderful summer!"



