



Deep Skills: Positive mind- Exercise adapted Neuroscience to counter Covid19

Dario Furnari

University of Exeter, UK

Abstract:

We have often heard about Coronavirus and its effects on the brain in recent weeks. In fact, the neural tropism of this virus (SARS-Cov-2) is an emerging and extremely important topic to consider in these months of global lockdown. For months, silence, isolation, the desert of our cities, the solitude of our monuments have become our existential “storm”. Deafening silence, a sense of bleak emptiness, physical and emotional paralysis, fear and bewilderment are some of the perceptions and feelings that do not leave our nervous system indifferent. And how could they not? How do all these stress factors not already affect our brain?

That SARS-Cov-2 in itself has neurological effects is evidence that is emerging with increasing force and that is being investigated by specialists all over the world: the journal *Neurology* has issued a specific call on the subject and on PubMed under the heading “COVID-19 nervous system” numerous studies appear. In 1998 the Nobel Prize for Medicine Eric Richard Kandel (1929) in his article *A New Intellectual Framework for Psychiatry* - milestone for a united vision of the human person - provided 5 great principles for biological psychiatry. Kandel related the close dynamic interrelationship between genetic and epigenetic factors in the genesis of mental illness. Through a plethora of attitudes and lifestyles that we can put into action during the quarantine we can be the actors and protagonists of our destiny in a positive sense: avoiding “binging” with negative news, replacing them with reading or listening through audio-books of works of literature, poetry, the use of interactive systems via the web to view archaeological sites, art galleries, but also listening to classical music, good conversations via Zoom, WhatsApp, Teams and other means, the possibility of going outside to walk, getting used to a silence full of positive



experiences, indulging in the kitchen or gardening, or in any hobby capable of diverting our attention to the pandemic, all this and much more, it can contribute positively to preventing and re-establishing those neurochemical and electrical balances of our brain. As far as the control of emotions is concerned, the best strategy from the point of view of neuroscience and therefore of the brain is to activate “prefrontal” mechanisms, that is to activate a very anterior part of the brain that is involved in short-term memory tasks, working memory, planning, strategy, problem solving.

Biography:

Dario Furnari works as a Professor in Department of Neuroscience in University of Exeter, UK. He also worked in the Department of Biomedical Sciences, UK, Netherlands, Germany.

Recent Publications:

1. Dario Furnari, *American Journal of Biomedical Science & Research*, 2020
2. Dario Furnari, *Hippocampus*, 2013
3. Dario Furnari, *Alzheimer's & Dementia*, 2011
4. Dario Furnari, *American Journal of Biomedical Science & Research*, 2020

Webinar on Health care and Nursing | August 24, 2020 | Osaka, Japan

Citation: Dario Furnari; Deep Skills: Positive mind- Exercise adapted Neuroscience to counter Covid19; Webinar on Health care and Nursing; August 24, 2020; Osaka, Japan