

## EDITORIAL

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Dear authors, readers, clinicians, and academic colleagues,

This disaster was not the first, and unfortunately, it will not be the last. As we continue to manage the effects of the pandemic, we are deeply saddened by the earthquake and its consequences, which turned many of our cities upside down and affected our society. As the editorial board, reviewers, and readers of the Journal of Psychiatric Nursing, we wish God's mercy on our citizens who lost their lives in the earthquake, our condolences to their relatives, and a speedy recovery to the injured.

We may be on the side that experienced the earthquake or shared the pain. However, the common point is that we all try to do our best and support each other. In this process, our colleagues made us feel their presence with their emails and messages. In the editor's note in the February 2023 issue of Archives of Psychiatric Nursing, it was said, "The Archives of Psychiatric Nursing readership, editorial board, and reviewers want you to know that you are in our thoughts at this untenable time. We are sending our wish that you and your family are safe and that all in your country find some way to begin to heal in the aftermath of the recent devastating earthquake your countries have experienced. We will continue to hold you in our thoughts and prayers." Thank you all so much.

Recovery may be a key word here. Recovery is defined by The Australian Institute for Disaster Resilience as "the process of coming to terms with the impacts of a disaster and managing the disruptions and changes caused, which can result, for some people, in a new way of living." Being recovered means being able to lead a life that individuals and communities value, even if it is different from the life they were leading before the disaster event.

The effects of disasters on affected individuals and communities can be profound, long-lasting, and life-changing. Therefore, recovery is a long-term, multi-layered social and developmental process that involves more than simply the regeneration of the destroyed and the rehabilitation of the affected. Restoration of the emotional, social, economic, built, and natural environment, and support for the affected community, is a coordinated process. Some elements of recovery will continue until well after the affected community is able to manage on its own.

We know that in the current situation, psychological first aid must be applied in the early stages of a disaster. Psychological first aid is a short-term care process aimed at reducing disaster survivors' initial distress, stabilizing the mind and body, and helping to support a return to daily life. Purposeful interactions are provided to offer emotional support, empathy, and guidance to manage stress, restore coping skills, and help the community use their strengths to begin the recovery process. As psychiatric nurses, we need to be more systematically prepared to contribute to the recovery of individuals and society in epidemics, natural disasters, and other emergencies.

Sincerely,

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