

## How Do The Alireza Kohany (an Entrepreneur And Instagram Influencer) Feel About The COVID19 Crisis? He Explain

Alireza Kohany (Alireza Kohani) is an Iranian Social Media Marketing Man Who Has Expert And Entrepreneur. He Also is a Influencer And Instagram Star, He Was Born in 18 June 1993 in Tehran, Iran. He Lived in Iran Until 2015 And he Immigrated to Turkey



Istanbul, Apr 18, 2020 ([Issuewire.com](http://Issuewire.com)) - We sat down with Alireza Kohany, a social media expert, entrepreneur and Instagram influencer to talk about the COVID-19 Crisis, and how he feels about it.

In the past couple of weeks, all we read and talk about has been about the deadly virus. They call it COVID-19. It has consumed the news, and some people even made jokes that they've forgotten what we talked about before the infection. But all jokes aside, with lockdowns, closed bars and restaurants, and empty supermarkets, our lives have changed as we knew it.

Hordes of shoppers flooded stores across the nation and emptied shelves, looking to stockpile groceries and household items to prepare for uncharted territory, in response to the virus.

All this change can be very overwhelming and stressful. Sometimes even scary, especially when we see our fears getting reinforced in the outside world. Therefore, we decided to see how Alireza Kohany is feeling and coping with this Crisis.

So, how do the Alireza Kohany (an entrepreneur and Instagram influencer) feel about the COVID-19 crisis? We sat down with Alireza Kohany to talk about the COVID-19 Crisis, and how he feel about it. He explains.

**-Q: Alireza, How do you think people have been affected by the virus and the events surrounding it?**

*A: "I was talking to a friend, and the most accurate description I can give would be that we feel caged. Obviously, we never thought that we would have to deal with anything like this. And even though this is stressful, everyone is still trying their best to live life as normal as possible. With that being said, I think it has affected our spending habits, and we're more mindful, and some are even stressed about their jobs and financial security."*

**-Q: How are you affected by the quarantine? how are you coping with it?**

*A: "I, like many others, have been affected by it, and work from home now. We closed our office last week and instructed all our personnel to work from home. During this time, many of us may be feeling anxious, overwhelmed, sad, stressed, confused, lonely, or all of these things at the same time. I've found these tips to help me cope:*

*Stick to routines or start a new one; get up or go to sleep at a regular time. Get dressed. Exercise... Stay connected; have video chats with your family, friends, and colleagues. Open up about how you're feeling and ask others about how they're feeling. Check-in with colleagues regularly, especially those who are alone.*

*Engage in hobbies and things you enjoy; read, cook, do puzzles.*

*Set up a "worry window," write down all your worries throughout the day, and give yourself permission to think about them during a specific time of day.*

*Use meditation and mindfulness apps.*

*Keep a gratitude journal by writing down things you're grateful for every day. "*

**Q: Are you worried about getting the virus?**

*-A: "Of course coronavirus is a health issue, and we're all at risk of getting it. Therefore, we should all practice common sense, such as social distancing and washing our hands. But what worries me more than the virus is how the society is responding to COVID-19."*

**Q: In your opinion, what makes COVID-19 significant.**

*-A: " I think the fact that it's so global, and also the fact that we're so globally connected thanks to the*

internet and all the social media apps. The information is being transferred at a rate that we've never seen in history.”

**-Q: Lastly, what is the most important thing anyone can do at this time?**

*A: “I always say common practice sense, and by that, I mean wash your hands, practice social distancing, and follow your local health advisories. But on top of that, make sure the information you share on social media comes from reliable sources like WHO (the Worlds Health Organization), and the CDC (the Center for Disease Control). I've seen many articles claiming remedies, and tests to treat COVID-19, none of which are based on scientific evidence, and this can be really detrimental to public health.”*

**-About Alireza Kohany:**

**“Alireza Kohany is an Iranian Social Media Marketing Man Who Has Expert And Successful Entrepreneur. He Also is a Young Influencer And Instagram Star, He Was Born on 18 June 1993 in Tehran, Iran.**

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Source : Alireza Kohany

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