

## Abstract

**Introduction:** With the spread of the Covid-19 disease, the rapid epidemic and the resulting increase in mortality, emergency nurses experienced a lot of anxiety in order to be on the front line of facing the crisis. In this situation, nurses used different methods to reduce the anxiety caused by the crisis. The purpose of this study is to explain the methods of dealing with anxiety in Ardabil emergency nurses and to provide a solution for nurses who served on the front line of dealing with the Covid-19 crisis.

**Study method:** The present study is a qualitative research and was conducted using the content analysis method. The participants included 20 hospital and pre-hospital emergency nurses present in the Covid-19 crisis in Ardabil city, who participated in semi-structured individual interviews. Data were analyzed after implementing the interviews using Granheim and Lundman conventional content analysis method and in MAXQDA-10 software platform.

**Findings:** The analysis of the participants' experiences of coping and reducing anxiety in the covid-19 pandemic led to the formation of eight main categories, which are: attention and compliance to health protocols, solidarity and having all-round support, Understanding and professional responsibility, Strengthening the sense of adaptation to the disease, Strengthening the immune system in the direction of adaptation, Strengthening the spiritual sense, Management of feelings and emotions and relaxation techniques.

**Conclusion:** The participants in the study experienced different degrees of anxiety in the covid-19 pandemic and expressed various experiences to deal with it. In general, awareness and understanding of the nature of the crisis, compliance with standard precautions, receiving effective support, including from the relevant organization, family and colleagues, self-control in order to manage emotions, and familiarity with and use of adaptation methods to the disease and the resulting crisis are among the most important solutions. Managing and coping with anxiety in emergency nurses. Nurses have tried to play their caring role by increasing resilience during the covid-19 pandemic crisis, this issue can lead to mental and physical problems for them in the long run and affect the nursing care of become clients Therefore, it is absolutely necessary to formulate a documented crisis management plan for nurses in health crises, a comprehensive organizational support plan for nurses and empowering them in the levels of related knowledge, self-control and emotional management in critical situations such as the Covid-19 disease.

**Keywords:** Covid-19, anxiety, nurse, emergency, qualitative study