УДК: 06.12.22

Kalinin. A. D.

al.kalinin33@gmail.com

Sheikina P. G,

sheikinapolina123@gmail.com

Russia, St. Petersburg

International Banking Institute in the name of Anatoly Sobchak

Shtyleva E.V. - scientific director

Abstract. Due to the current situation over the past 4 years, many new problems have appeared in society, geopolitics and the economy. influence on society and possible solutions to this problem.

Keywords: covid-19, global crisis, border closure, solutions, geopolitics, impact of sanctions, problems of society, mental condition, development, factors, causes and effects

Title: “Global economic crisis of 2019-2022”

In the last few years, the world has been actively changing, which could not but affect countries and the world as a whole. Due to the unstable situation in the world, many new problems have appeared, and how to cope with them. perhaps today we will try to answer these questions. The active development of the coronavirus pandemic and measures to counter it by national authorities and international organizations have already influenced the perception of the surrounding reality by the inhabitants of the planet. The concepts of "quarantine", "self-isolation" and "social distance" have entered the everyday vocabulary of people. Despite the fact that a lot of time has passed since the beginning of knockdowns and self-isolation, people did not have time to recover on a psychological level. In addition to the quarantine, there was an aggravation of the geopolitical situation in the world.

This problem appeared at the beginning of 2022, many people began to worry about the issue of geopolitics, many countries faced a lot of problems due to sanctions. For example, logistics problems, as well as the lack of necessary and primary resources to maintain stability in countries. In the current situation with limited resources, there are several possible solutions to this problem. The first way is to try to find a solution, where all the conflicting parties will be satisfied. However, if it does not work out, then there are other options: change the supplier of resources or find similar offers on the world market. If we speak not about politic, but personal development you can also try to set up your own production. When the problem is not about deficit of resources, but a lack of production. This method takes a lot of time, money and patience, but in the future, it makes the country more independent and less dependent on other countries.

The third and not the least important problem is the impact on the mind and society. After all, now many people have access to a wide aspect of news about anything, and can read news that often have an impact on the mental state. Even now, the happy planet index has fallen very much in many countries, and therefore it is very important to be able to find a way to distract from everything that is happening.

As far as i concerned, there are several options that can be used as a possible solution to a mental problem, namely:

1. Not the most popular, but in fact a very working opportunity, you can consider going to a psychologist, because this position is just the same designed to help and analyze your problems/
2. An alternative to going to a psychologist may be abstracting from the situation and going into household chores. This will not only improve the mental state, but also the time will be spent usefully.

In conclusion, I would like to say that these global problems will have an impact for several years to come and discussions will continue on this topic, because finding accurate answers to these questions is not the easiest task.