

What can help us manage a crisis situation?

A crisis situation shakes the foundations of our functioning and has a significant impact on our mental health. People deal with crisis situations at different speeds and in different ways; it is thus important that we are tolerant, accepting and patient with ourselves and others during all periods of a crisis situation. Although we sometimes find it harder to cope with the situation, it is worth remembering that we humans are very flexible and adaptable and together we are able to overcome many challenges.

The table below shows some ways to cope – some are helpful, and some have adverse consequences, so it is better to avoid them. The examples below can be a starting point for our own reflection and selection of the ways that lead to positive changes.

What HELPS?

- Keeping in mind that a crisis situation is a period that will pass.
- Keeping in mind that we are not alone in a crisis situation.
- Conversation.
- Expressing feelings.
- Helping and supporting others.
- Establishing a new daily routine.
- Sufficient sleep and rest.
- Healthy diet.
- Caring for physical activity (walking, exercising, etc.).
- Placement of pleasant activities among daily activities (music, reading, etc.).
- Spending time in nature.
- Performing relaxation techniques (breathing exercises, meditation, listening to music).
- Writing a diary.
- Focusing on positive aspects (e.g., about what positive can we find in the past day).
- Focusing on what we can do here and now to better cope with the situation.
- Focusing on the solutions rather than on problems.
- Using skills, which already proved successful in dealing with challenges and stressful situations in the past.
- Establishing a tolerant and accepting attitude towards oneself and others.
- Obtaining useful information from reliable sources.
- Seeking professional help* if the distress is severe.

What does NOT help?

- Excessive monitoring of news on the crisis situation.
- Focusing on possible negative outcomes in the future.
- Introversion.
- Suppressing negative feelings.
- Negative attitude, criticism, negative thoughts.
- Violence or conflict.
- Blaming other people.
- Drinking alcohol and using other drugs.
- Overeating or skipping meals.
- Abandoning self-care and enjoyable activities.
- Excessive use of digital technologies (television, social networks, video games, etc.).

