

Tips for the time at home (alone)

At the moment we are in a difficult situation. Domestic isolation, empty supermarket shelves, closed schools, day care centres and authorities can cause great uncertainty. Existing fears, depression, trauma sequelae, feelings of loneliness or bad thoughts can be intensified by this. This makes it all the more important to take very good care of yourself and others. The following tips should provide support:

1. Think about a daily routine!

Even if there is no school or language course, the internship has been interrupted or you can no longer work: a fixed daily routine is still important. Always get up at the same time, think about how you can organize the day and go to bed at the same time.

2. Stay in contact!

Social contacts are very important, especially in isolation. Phone or chat with friends and family. Try not only to talk about the current situation and terrible news. Tell each other nice stories, talk about wishes for the future, about TV series or exchange recipes.

3. Stay or move!

Movement is good for you and is important-just now! Try Zumba or Yoga in your living room, alone or with your family. On the Internet there are also sports programs especially for children. And: Exercise in the fresh air is allowed alone, in pairs or with the family! Go for a walk, jog or ride your bike. Make sure you keep your distance to other people!

4. Get information!

Inform yourselves about the current situation. But avoid reading the news before going to bed. Think how much social media (Facebook, Instagram,...) is good for you right now.

And: Not all information on Facebook or Whats App is correct.

Check out the official pages:

https://www.essen.de/gesundheit/coronavirus_aktuell.de.html

<https://www.bzga.de/>

<https://de-de.facebook.com/loreagneshaus/>

5. Activities

Think about how you can spend time at home alone or with your children. Can you learn something together? Painting, handicrafts, dancing, singing? Cooking or baking? Playing games, puzzles, cleaning up, cleaning windows, watching series, reading etc.

6. Emergency aid

Some counselling centres still provide support by telephone:

The help line, for women* affected by violence: (different languages)

<https://www.hilfetelefon.de/> and

08000116016

The telephone counselling service (German), in crises, in cases of depression or suicidal thoughts:

0800 111 0 111

The number against sorrow, for children and young people who have worries or problems:

116 111

For mild depression:

German-depressionhelp.com

iFightDepression program, digital support for those affected

Exercises and information in different languages:

refugee-trauma-help

Take care of yourself and stay healthy!