

## Fear

### Helpful mental exercises

If we think about the virus (or other things which cause fear in us) too often, we perceive it as more dangerous.

- Stop thinking about ‚Where will the virus take us?‘ and try to stop worrying too much!
- Accept the fear and wait until you feel it less intensively!
- Most likely, this is not the first you can overcome a crisis. Think about all your accomplishments and how could solve problem from the past! Pay attention to little successes in your everyday life, as well!
- Feelings of fear and coinciding physical symptoms (palpitations, stomach ache, sweaty hands, ...) are normal physical reactions to stress. They might feel more intense than usual. However, they are not dangerous and they will go away eventually.

### Look for some distraction!

- Breathing exercises and exercises on mindfulness
- Yoga, Sport or other physical activities
- Pursue an activity which makes you feel good and makes you experience joy!
- Are you worried about family members or other people? Get some distraction from worrying by actively helping these people! Give them a phone call, write them a letter, go get the groceries for these people, ...!
- Getting some distraction is not the same as suppressing a feeling. Do not suppress your feelings but accept them. Very often, you can get active only after you have accepted the feeling.

### Reach out for social support!

- Talk about your fear! Please be not ashamed of your fear!

### „Media Hygiene“

- Reduce and keep track of your media consumption!

### Try to understand the fear!

- Sometimes, it can be helpful to understand the causes of the fear. In the beginning, fear is a natural reaction of human beings. It can be seen as a warning system which protects us from dangerous situations.

### Anxiety Disorder? – Get professional help!

- Fear is a normal feeling because we would not survive without fear. However, sometimes feelings of fear can be inappropriate and they can be experienced more intensely, for a longer timeperiod or more frequently than acutally necessary. We, then, speak of an anxiety disorder whose main characteristic is an irrational and excessive fear. Contact your family doctor! He or she can send you to a professional.

