

Mental health: Strategies for dealing with the earthquake in Syria and Turkey

The images and information that reach us from Syria and Turkey are dramatic and can trigger many different reactions: fear, sadness, anger, apathy, concentration/sleep disorders...

If you follow our link [Hilfe in Akutsituationen \(hs-duesseldorf.de\)](https://www.hs-duesseldorf.de/hilfe-in-akutsituationen) you will find contact details of organizations that can be helpful in stressful situations. At the beginning of the war in the Ukraine, the Psychological Counseling Service (PSB) had already given some tips on how we could strengthen our mental resilience. Due to the current situation, we would like to make it available again – with a few additions.

We are aware that the degree of concern can vary greatly and depends on our personal relationship to the country and to the events. And it depends on what we have already experienced in terms of stress and where we are in the processing and healing process.

For some, the following tips may therefore be helpful and easy to implement. For others, just absorbing this information may be overwhelming. In this case, please do not hesitate to contact us and make an appointment for a one-on-one meeting. We are here to support you.

Your Psychological Counseling Service (PSB)

Coping strategies for critical incidents

Do you find what is happening in the world to be very stressful? Do you notice restlessness, insomnia, anxiety or persistent low mood in light of the current news?

The following basic strategies have proven to be very effective in preventing chronic stress related illnesses and trauma disorders and can also help you to stabilize yourself again:

- **Take good care of your body** by going on walks, exercising, setting up healthy eating patterns and regular sleep times.
- **Reduce the intake of information about the critical incident.** Once a day is enough.
- Make time to **socialize** so you can feel connected.
- For more stability in the here and now: **Structure** your day.
- Adopt a **day-to-day approach**: What can I get done today? (Instead of focusing on everything we cannot do or control). This is how we experience our self-efficacy despite everything.
- Make a conscious decision to do something every day that gives you **pleasure** and distracts you in a positive way.

And don't hesitate to seek professional help: The Psychological Counseling Service (PSB) is available all year round. You can contact us by sending an email to info.psb@hs-duesseldorf.de.