

(Anti-stress-)Advice during the Corona virus period

Hello!

You already survived a lot of challenges.

Thankfully, you are so strong!

Perhaps you're still working but they say, you should not meet friends any more.

Is that difficult for you?

Yes, it is difficult.

But it is very important.

We need your support – especially to protect the sick, disabled, and elderly people all over the world.

The weak and the elderly need our support and protection now!

Some of you might be afraid because of all these talks about Corona.

This is normal and understandable.

Most of you have enough stress just with your personal experiences.

Nevertheless, we want to help you to deal with the anxiety. We understand that this situation evokes additional stress. This, too, is normal.

Old sorrows/stress might come back and trouble you.

The situation could be a strong trigger.

However, please do not meet your friends in person right now!

Instead think how you could help yourself.

You already know what is good for you: e.g. barbell training, push-ups, writing, art or music.

Note: Currently, it is about to protect others who are ill with pre-existing diseases for a long time and the elderly.

This means: We want to slow down the infection chain.

If we don't meet people, Corona cannot be transmitted so fast to many people.

If we stop our contacts to other people, we also stop the spread of the virus.

I guess, for you and for me, this disease would not do any harm.

It would not be so bad because you are young.

But we have to ensure, that the virus cannot spread so quickly

This is why the Government is reacting now.

They create new temporary laws.

The good thing is, that you can support the positive action that is being taken.

Every person is important now.

You can help.

And the following things can help you to cope with the new stress and the new situation:

- To cope with anxiety, it is helpful to take positive action (wash your hands, keep distance to other people, cough in the arm bend and not in the hand).
- Have a rest. Try to sleep well or when you have sleeping problems, get some rest. This helps your body to stay strong.
- Healthy food (you have enough time for cooking these days!).
- Exercise inside your home (e.g. with Fitness Videos on Youtube).

- Try to keep track of your daily routine. You could organize your day, e.g., getting up, making breakfast, then doing sports inside. Afterwards having lunch and maybe studying, watching a movie and having dinner.
- Study (at home). You could repeat some language lessons, maths, or read a book. You can find a lot of exercises online.
- You also do need to stay in touch with other people. But please, use the telephone, WhatsApp or video-calls. Talk to at least one person a day.
- Watch news/newspaper/videos concerning Corona not more than 30 minutes a day.
- Do things that helped you in the past to manage stress (call friends, draw, watch a movie, relaxation exercise, skills,...).
- Say to yourself: An increase in anxiety and stress is to some extent normal these days. You are not mad or insane. You are already managing everyday stress due to your past. New situations are perhaps stressful for you.
- Try to get comfortable with this new situation. Perhaps you can find something positive in it. You can imagine that this is an adventure; or that it's a challenge. Maybe it is the chance to develop more respect for the weak and elderly people, and to be nice and kind to each other.
- Praying or meditation (if you like this).
- You can say to yourself: We are much more resilient and stronger than we believe. Even if we will be sick, we will most probably survive this. It's the imagination of it that frightens us more than the reality. People underestimate their resilience and strength. We can take responsibility for us and for others.
- You could create WhatsApp-Groups with your friends. Maybe you find a way to have fun and to be creative together there.
- Please do not invite others or visit other people. Now, just stay at home or exercise outside by yourself.

You have the chance to do this for the entire world and for you.

You are strong! You can do it!