



Dealing with acute stress

Englisch



Information for Refugees

You came to Germany to bring yourself and possibly also your children and other relatives to safety, fleeing from the war. In this handout, we want to give you tips that may help you get through this difficult time.

It is most likely the case that you are worried about your relatives in your country of origin as well as about your future. Maybe you are feeling powerless in view of what is happening in your country, that you are insecure, desperate and frightened. You may also feel irritable or restless, have a hard time sleeping and concentrating. It may be the case that you are also feeling other reactions that you cannot name and that are afflicting you.

When you are having a conversation with other people that fled, you will most likely realize that you are not alone in feeling this way. Many other people feel the same way, as these reactions are normal when one takes into consideration the situation that you are experiencing.

Even though such reactions are in line with the circumstances, that can be disagreeable and straining. It is helpful to keep a few things in mind to counteract the feelings of fear and powerlessness. This way, tension can be reduced. The most important aspects are, inter alia, staying active and shaping your present life in Germany in a way that makes you get along well. Then, it is also easier to be there for your children and to support your relatives.

What can you do for yourself?

The following tips aim at helping you reduce tension and handle the present demands and burdens. However, it is important that you find out for yourself which ones of the recommendations you can and want to implement. This is why we advise you to check what suggestions give you a good feeling and which ones are beneficial for you in the present situation. Allow yourself to have positive activities and distraction. This is important in order to recover and to find new strength.

- Create everyday routines: these can be especially helpful in such a situation. By structuring your day, you ensure orientation and stability.
- Stay physically active through movement, sport and walks in the fresh air.
- Try to consciously relax, whenever this is possible. Exercises such as yoga, mindfulness practice and breathing exercises can help you reduce tension.
- When you feel the need for closeness and contact, seek the company of other people with which you can have conversations and spend time with.
- Become aware of your abilities and try make use of them also in this current situation.
- Maybe it is the case that you would like to do something for other people and would like to become active. For many refugees, it is helpful to have useful activities and to help other people.
- Even if this may be difficult for you: try to reduce the time you spend checking the news. Try to inform yourself only at certain times of the day and only via trustworthy sources as unclear information can mean additional stress. Those who have trouble falling asleep may find it beneficial to not end the days watching, hearing or reading the news, but to distract themselves and relax (e. g. by hearing some music) before going to bed.
- Try to eat as healthy and regularly as possible. Ensure that your consumption of stimulants and addictive substances does not rise during this time of crisis.

In summary: one can say that everything that makes you feel well is helpful in this current situation. Take care of yourself and try to reduce those things that are

an additional source of stress in this difficult situation as much as possible. Keep in mind: you managed to go through a very difficult journey. You coped with the strain of fleeing. You can certainly have faith in your strengths and abilities – also regarding the challenges that you have yet to face.



Additional assistance

Do not hesitate to claim support offers if you have the feeling that you need help or just need somebody to talk to. You cannot cope with all of this all by yourself. If you need further assistance, there is a number of people and institutions in Germany that can support you. These are, inter alia, Migrations- und Flüchtlingsberatungsstellen (migration and refugee consultation institutions), psychotherapists, trauma-focused consultants, pastoral workers as well as doctors. Via the homepage of the Bundesweite Arbeitsgemeinschaft der Psychosozialen Zentren für Flüchtlinge und Folteropfer e.V. (a German-wide workgroup of psychosocial centers for refugees and torture victims, BAfF) you may find many psychosocial centers, institutions and initiatives which focus on psychosocial and therapeutic care for refugees in Germany (<https://www.baff-zentren.org>).

For further information, please turn to the Bundesamt für Bevölkerungsschutz und Katastrophenhilfe (Federal Office for Citizen Protection and Disaster Support, BBK)



Für weitere Informationen wenden Sie sich bitte an:

Bundesamt für Bevölkerungsschutz
und Katastrophenhilfe (BBK)
Provinzialstraße 93, 53127 Bonn
Postfach 1867, 53008 Bonn
Telefon: +49(0)228-99550-0
poststelle@bbk.bund.de
www.bbk.bund.de

© BBK 2022

Ihre Ansprechperson vor Ort:

Telefon

E-Mail

Telefax