

Dear people from different countries and cultures,

we know how hard the times are at the moment. It starts to feel really cooped up at home and while certain activities were once fun, they are now starting to become uninteresting. Some people might feel anger or deep hopelessness, while others might feel sad or anxious. This situation is new and hard for everyone.

The Psychosocial Centre for Traumatized Refugees of Brücke SH tries to be addressable even in these uncertain times to provide help with sorrows, problems and stress. Since we aren't allowed to have personal contact either, we decided to install time corridors, in which we are reachable.

Tuesdays	from 9-11 o'clock in Farsi or Dari	at the phone number 0431-70559493
Wednesdays	from 9-11 o'clock in Arabic	at the phone number 0431-70559493
Thursdays	from 9-11 o'clock in Russian	at the phone number 0431-70559491

Call us and talk about your thoughts and emotions with us. We try together to make sure, that you feel better and get a good orientation!

If information and counseling is needed in other languages as well, please feel free to write us at psz@bruecke-sh.de or give us a call at 0431-70559492 or -93.

Of course, it is essential to stay at home at the moment, to reduce social contacts to a minimum, to help contain the spread of the virus while also protecting people with pre-existing conditions. Below, you will find tips that help in these special times, in case you get overwhelmed emotionally:

- **Talk about it**, how you feel, be it either with us, friends or family. It is important to talk about the things that stress you out.
- **Stay in motion**, try to do sports at home (instructions can be found on Youtube.com), go jogging or go for a walk (of course alone and with a bigger distance).
- **Being creative** is a good distraction. You can (perhaps as well with your children) craft a little gift for one or more people that are special to you, that you can't visit right now. Painting, baking, sewing, knitting, making music, repairing stuff – stay productive!
- **Keep your daily routine**, it's helpful to get up at your normal times, get dressed and also go to bed at your usual times. This is especially important with children.
- **Use the internet**, be it for online communication to stay in touch, distraction, for online classes to learn something new or improving your German language skills. Watch movies that make you happy or move you.

- **Read books**, with nice stories, which don't agitate you further. If you have children, read fairytales or stories to them. Both you and your children will benefit from this.
- **Develop anticipation**, make plans where you want to go to, once the Corona-times are over. Who do you want to meet up with? What are your plans? Try to imagine these situations vividly in your fantasy.
- **Activate positive memories**, especially now it can happen, that memories of hard and bad times can surface, which might stress you out. Despite problems, that happened in the past, every one of you will have had positive moments in your lives, for example try to think of the neighborhood kid, that made you laugh or the joy that your favorite pet brought you. Try to collect at least ten happy moments from your life. Your mood will change afterwards!
- **Low doses of the news**, some people can't turn their eyes off the news in these times. You see the numbers that are rising while your own agitation rises and the mental state worsens. Try to reduce the times you listen to or read the news to mornings and evenings. Only take news from official sources, don't trust fake news that get actively spread. Germany and the rest of the world is making an effort to protect their populations and to create medication and a vaccine as fast as possible.
- **Try to do one task a day**, try to come up with something productive to do every day, be it tidying up, doing stuff that you had put off for a while. Learn something new, play with your kids, etc. – stay active!
- **Get help, in case of any violence or big crisis in your family due to the lockdown. In emergency cases you get help from the police at the phone number 110. If someone is seriously hurt or unresponsive you can call an ambulance at the phone number 112.**

Stay healthy physically and mentally and don't be shy to give us a call in case you need our support!

Best wishes

Your team of PSZ

Kirsten Beckmann, Amelie von Eye, Olga Pavlovych