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What you can do to feel safer and healthier

The crisis surrounding the spread of the corona-virus must be taken seriously and demands respect.

Although we all know that there are viruses and bacteria which are more dangerous, the fear of this virus and the common insecurity is great. This is definitely related to the prevailing exceptional situation and to the contradictory information and opinions to which everybody is exposed [...].

You could say there is a high risk to be infected by fear and hysterical confusion. [...]

Social interaction can also be harmed if we get infected too strongly with fear.

How can you protect yourself, strengthen your immune system, and calm down in troubled times?

1. Reduce the amount of information: only once a day from an objective source like radio or podcast.
2. Take the information and recommendations of reliable sources seriously, but also pay attention that you don't get paralyzed. But have respect. In troubled times, there are many ways of reacting: faint and paralysis, flight, attack, or calmness and a clear head.
3. Reduce the time you deal with the topic of corona. Don't get involved in endless conversations about it. Instead of scrolling from one news item to the next on the Internet, find other topics which interest you and that make you happy.
4. Distract yourself in a good way: tidy and clean up, cook something nice, play games with your family, read books, go on a little trip, do sports, other hobbies, etc.
5. Use the forced deceleration to pause and take stock. For what do you have time now? What have you always wanted to do? Who and what is really important in your life? Who or what shall lead you? What are your values?
6. Isolation [...]: The person who can be alone doesn't have a problem now, and is maybe even happy about the situation. Everyone else can enjoy good company, as this is also possible via Skype or telephone. This strengthens the feeling of joy, gratefulness, contentedness and security, and, therefore, the self-healing power and the immune system.
7. Participate in social projects that support weak people and persons who are at higher risk to be infected. This strengthens the feeling of togetherness, community and meaningful acting. Now is the time for new experiences and for establishing new, interesting and enriching contacts despite social distance.
8. Solidarity strengthens the individual and the society. Crises of all kinds bring out the best and the worst in people. Promote the best in yourself and others.
9. A 2-meter distance is a good protection against potential infection, especially if the other person is currently healthy. Keep that in mind when meeting others. Allow yourself and others freedom to move. The restriction of the fundamental right to move freely [...] shall be a practical measure to be protected to be infected by a virus infection, not more! So, smile and greet friendly when meeting someone.
10. Go outside: sunshine activates the production of vitamin D in the skin, even when it's cloudy. Forests have a natural healing power which is also scientifically proven today. If

we want to strengthen our immune system, we can do it best by getting in close contact with nature.

11. Use the healing power of nature. The wild herbs begin to sprout and strengthen the immune system. There is food which is antivirally effective, like mustard and onions.
12. Animals do also belong to nature. Value the ability of animals to live in the here and now and not to worry.
13. Yoga, Qigong and other body therapy techniques can also be useful. You can easily and quickly learn breathing techniques to strengthen the lungs and to calm the body, the soul and the mind. Mental techniques for stress reduction or the strengthening of wellbeing can also do good.
14. Listen to music that calms you down or makes you happy.
15. Singing, playing a wind instrument, and dancing all strengthen the immune system sustainably as well as the feeling of joy and security; likewise playing and laughing.

Support your immune system actively. This way you can get through an infection more easily, if you do get infected.

Do not let yourself get infected with fear and helplessness, but stay respectful and keep your senses.

Keep being friendly and open. [...]