

“I can't take it anymore”

What to do when everything becomes too much for you?

Flight is not only a drastic event for refugees. For hosts of refugees, the topic of flight is also something that is associated with suffering, stress and uncertainty. While you as a host have a lot of organizational work to do, be it with offers of help, politics or bureaucracy, your own mental health can also suffer from the topic. You want to be rock solid for the refugees, but who takes care of you? We would like to invite you to devote yourself entirely to your own mental health. With the following tips, you will learn how to cope with the refugee situation:

Tip 1: Weakness is nothing negative - it's human

Many people believe that it is frowned upon to show negative emotions. One should just not make such a fuss. Bullshit! As a host of refugees, you are confronted with **strokes of fate** every day - why should it leave you cold? You should try to be a support for the refugees, but that doesn't mean that your feelings don't play a role. Quite the opposite: you are working for something good, so it is your right to **show your feelings**. And it will certainly help the refugees to trust you and appreciate your efforts.

Tip 2: Delimitation and ego time as lifesavers for mental health

For some people, acute crises lead them to throw themselves into **helping others**, and they feel that they want to avert the crisis single-handedly. Are you like that too? If so, you are of course honored. It is a sign of good character to want to help others. But if you completely neglect yourself in the process and focus only on the problems of others, this will not do you any good in the long run.

Also, or especially in a crisis situation, it is extremely important to allow yourself **time off** and to **distance yourself**. Deliberately take time out to focus on just one thing: **yourself**. Go about your favorite activities, relax properly for once and try to **forget the fates** for a moment. Of course, this is difficult, but **relaxation techniques** such as meditation or breathing exercises can help you to come to yourself and switch off everything else.

Quick interventions in case of overload



Practice demarcation

Someone tells you something incriminating? Sympathize, but don't assume anything about it - it's not your story.

Stay true to yourself

Try to do more of what feels good for you, not what others expect of you.

Conscious relaxation through meditation

It's best to schedule a timeslot of 5 to 30 minutes in the evening before you go to bed or in the morning after you wake up, sit quietly, look inward, and just let your thoughts drift by.

Regular rest breaks

Make sure to take a short break after no more than two hours, even in the most stressful daily routine. Do something completely different from what you were busy with before.

Tip 3: There is help for you too!

You may advise your refugees to seek **professional psychological help**, but **what about you?** What is true for refugees is equally true for you: You don't have to deal with anything alone if you don't want to or if you feel powerless. As a host, it is also a good idea to **talk to a psychologist** about your feelings. Together with her/him, you can express your feelings, categorize the fates you are facing, and **develop strategies** for **protecting your mental health** during such a challenging time.

WHO Mental Wellbeing Questionnaire

The following statements are about your well-being over the past two weeks. For each statement, please mark the heading that you think best describes how you have felt over the past two weeks.

In the last two weeks...	All the time	Mostly	A little more than half the time	A little less than half the time	Now and then	At no time
...I was happy and in a good mood	5	4	3	2	1	0
...I felt calm and relaxed	5	4	3	2	1	0
...I felt energetic and active	5	4	3	2	1	0
...I felt fresh and rested when I woke up	5	4	3	2	1	0
...my everyday life was full of things that interest me	5	4	3	2	1	0

Points calculation

The **raw score** is obtained by simply adding up the responses. The raw score ranges from 0 - 25, where 0 denotes the least well-being/lowest quality of life and 25 denotes the greatest well-being/highest quality of life..

The **percentage value** of 0 - 100 is obtained by multiplying by 4. The percentage value 0 indicates the worst condition, 100 the best! Test your current mental well-being - if your value is currently 0 - 51, this indicates that you are currently very exhausted by the given circumstances. Psychological support would be advisable at this point in the medium term!

Bonus Tip: Psychological counseling (online) to strengthen stress resistance

Resilience, our **psychological power of resistance**, is something that **makes us strong** even in times of crisis. Depending on how strong it is, it allows us to **keep a cool head** in crisis situations and **emerge from them stronger**. **The good thing is** that resilience can be trained. In **psychological counseling**, you can talk about your crises with a psychologist and **develop strategies** for coping with them.

Psychological counseling online at Instahelp

The **Versicherungskammer Group** with its approximately 7000 employees is **deeply affected by the warlike events in Ukraine**.

They show in a painful way that basic democratic rights and sovereign coexistence cannot be taken for granted, that even peace throughout Europe is in danger. Our thoughts are with the victims and the countless people who are suffering as a result of the current conflict in Eastern Europe.

The current time presents us all with a great mental challenge. That is why we are **encouraging helpers who have taken in refugees with an online psychological service** in cooperation with **Instahelp**.

You can find more information about the commitment of the Versicherungskammer Group here: <https://www.vkb.de/content/services/ukraine/>

