

# INITIAL HELP ON DEALING WITH (NEGATIVE) FEELINGS

Contact restrictions imposed to contain the corona crisis lead to various restrictions on our everyday life. In particular, feelings of loneliness and boredom can occur and be very stressful.

For this reason, we have collected some strategies that might be helpful to cope well with the period of contact restrictions.



# **IDEAS AGAINST LONELINESS**

Maintain and refresh social contacts,  
e.g. by

- › **writing letters**
- › **send out emails**
- › **view photos**
- › **(video) phone calls**
- › **tinker something for others**
- › **helping older people to organize their dily life (e.g. grocery shopping)**
- › **implement learning groups/contacts online**
- › **organize online game nights**
- › **...**



# IDEAS AGAINST BOREDOM

- › **Create lists, for example:**
  - Things I've wanted to do for a long time, but have been putting off
  - Activities that I used to enjoy
  - People I would like to give a small (birthday) gift to
  - Things I still want to learn
  - ...





## IDEAS AGAINST BOREDOM

- › Exchange of information/ideas about employment opportunities in the given circumstances
- › Declutter things I no longer need
- › ...

More than 100 ideas and suggestions for pleasant activities doing at home:



List of pleasant activities  
(PDF)

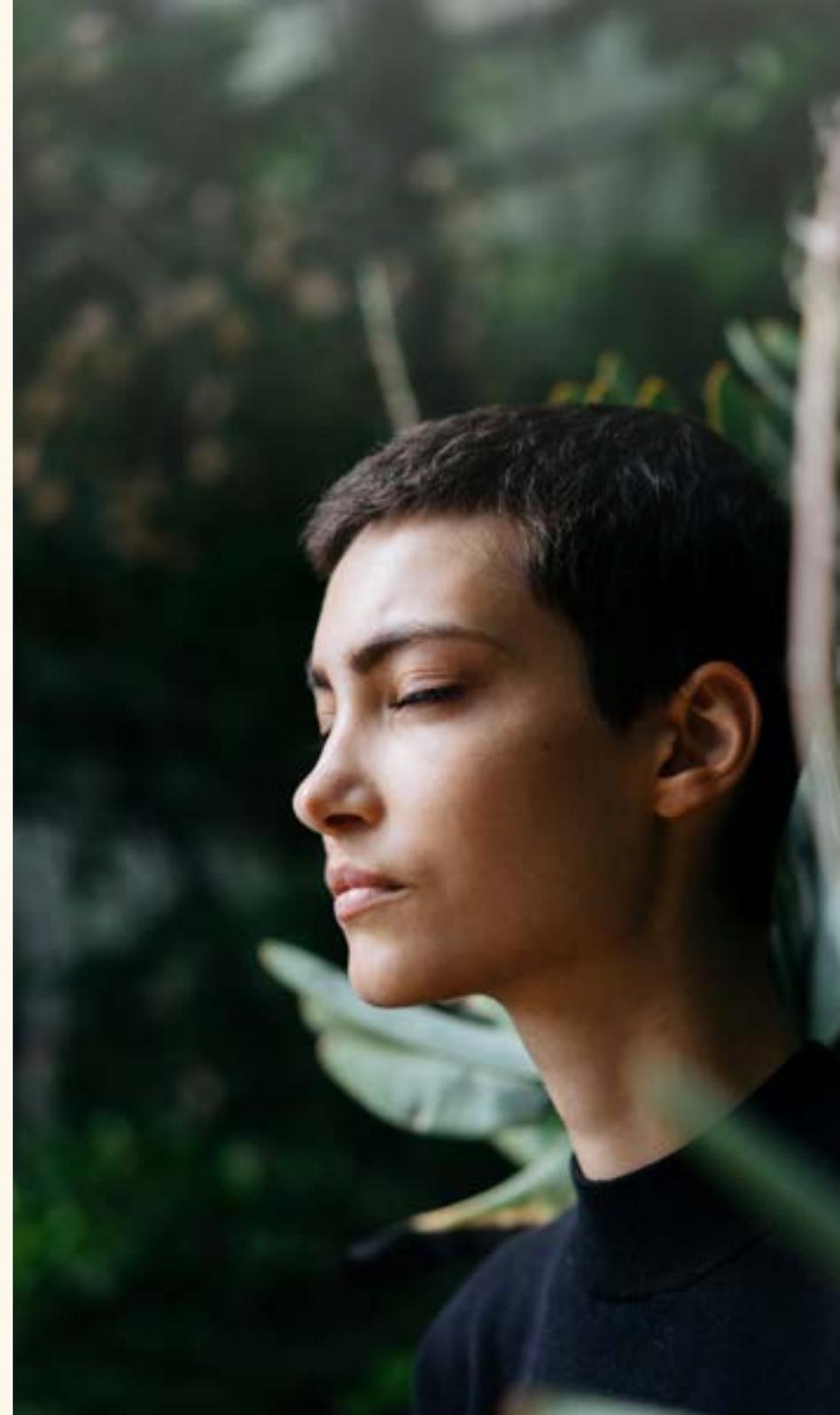
## ACCEPTING FEELINGS

Other than fighting the feelings of loneliness and boredom, the acceptance of various (negative) feelings can be a very helpful aspect to be able to deal better with the current situation. To achieve this acceptance, different steps can be undertaken:

### 1. Set acceptance as a goal

First of all, it is important to set yourself the goal of accepting your current reactions and feelings calmly and, if necessary, to tolerate them.

For example: „Even if it is still difficult for me at the moment, I want to try to accept and bear my current feelings and emotions.“



## 2. Strengthen the goal by finding reasons

The next step is about making that goal strong. This can be achieved by becoming aware of why it is good to be able to accept and endure one's own feelings:

„I want to make an effort to accept my feelings and if necessary endure them, because this way I do not react blindly to my feelings, but have the freedom to think carefully about what I want to do.

„... the feelings are there, and I cannot switch them off immediately. So I have to accept them and endure them for at least a little while.“

„If you fight your feelings, they only get stronger.“

## 3. See feelings as allies

Extremely helpful for acceptance is to foster a positive attitude towards one's present feelings:

„These feelings have a purpose. They indicate to me that ...“

„They help me to ...“

„They are part of me and I have a right to my emotions ...“

„These feelings are a challenge...“



#### **4. Be aware of your own resilience**

It is helpful to look back and remember what negative feelings you have already been able to bear in the past:

„I have proven many times in my life that I can also deal with unpleasant feelings. I'll do the same this time.“

#### **5. Remind yourself of fugacity of feelings**

Finally, it is important to realize that negative feelings do not last forever – even if you do not actively try to influence them:

„Feelings are transient..“



# MORE TIPS & SUGGESTIONS FOR THE CORONA EVERYDAY LIFE



Tips for staying at home with children (PDF)



Managing university tasks in a structured way (PDF)



Tips for organising your daily routine (PDF)



Weekly schedule (PDF)



List of pleasant activities to do at home (PDF)



Video about the Pomodoro technique (YouTube)



Mindfulness (PDF)



Annual Calendar



# PSYCHOSOCIAL COUNSELLING

free of charge

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Website of the Psychosocial Counselling

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consultation in  
English possible