



# HOW CAN PSYCHOLOGY HELP IN MOMENTS OF CRISIS?

Information for patients

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## FEELINGS LIKE FEAR, ANXIETY AND WORRY ARE CONSIDERED NORMAL IN CRISIS SITUATIONS

FEELINGS LIKE THOSE CAN BE COHERENT AND EVEN EXPECTED IN AN ABNORMAL SITUATION.

## SOCIAL DISTANCING IS THE MOST APPROPRIATE STRATEGY FOR MANAGING THE PANDEMIC

HOWEVER, IT IS NECESSARY TO CONSIDER THE POSSIBLE NEGATIVE IMPACTS OF ISOLATION AND FIND STRATEGIES TO REDUCE THESE NEGATIVE EFFECTS. LIKE TO KEEP IN VIRTUAL CONTACT WITH YOUR FAMILY AND FRIENDS, EXERCISE AND EAT HEALTHY, ENJOY THE TIME IN THE BEST POSSIBLE WAY, INCLUDING DOING THINGS YOU LIKE AND ENJOY.



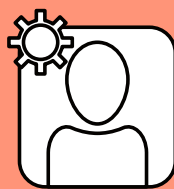
## PSYCHOTHERAPEUTIC TREATMENTS CAN ALSO BE ONLINE



IN MOST SITUATIONS, YOU CAN TALK TO A HEALTHCARE PROFESSIONAL WITHOUT LEAVING YOUR HOME. IN THESE CASES, THE PURPOSE OF THE SERVICE WILL BE TO ASSIST IN SOLVING PROBLEMS IN CRISIS SITUATIONS AND IN MANAGING THE EMOTIONS, THROUGH THE ESTABLISHMENT OF A SOCIAL BOND, AN ACTIVE LISTENING AND EMPATHIC UNDERSTANDING.

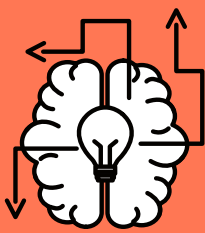
## WE CAN HAVE SOME MIND TRAPS

WHICH ARISE THROUGH AUTOMATIC THOUGHTS, AND THAT, OFTEN, WE HAVE NO CONTROL OVER. DENYING THE REALITY THAT IS PRESENTED, BELIEVING IN THEORIES WITHOUT SCIENTIFIC BASIS, MAKING DECISIONS IN A PRECIPITATE WAY AND/OR GENERALIZING CONCLUSIONS BASED ON LITTLE INFORMATION, MAY BE EXAMPLES OF THESE TRAPS. THE MIND TRAPS CAN MAKE YOU BELIEVE AND FOLLOW DISTORTED AND THEREFORE, UNJUST THOUGHTS.



## SOME PSYCHOTHERAPEUTIC TECHNIQUES...

CAN ASSIST IN THE PROCESS OF RESOLVING QUESTIONS OR CONFLICTS, AS WELL AS IN UNDERSTANDING THE RELATION BETWEEN THOUGHTS, FEELINGS AND BEHAVIOR. THEY CAN ALSO ASSIST IN RECOGNITION OF THE MIND'S TRAPS, AIMING TO BREAK WITH DYSFUNCTIONAL THOUGHTS FOR BETTER MANAGEMENT OF CRISIS SITUATIONS. IN ADDITION, THEY CAN FAVOR SKILLS AND COPING STRATEGIES, A FUNDAMENTAL ASPECT FOR BALANCE AND ADAPTATION TO THE CRISIS CONTEXT. THESE TECHNIQUES ARE APPLIED IN THE CONTEXT OF THERAPY BY TRAINED PROFESSIONALS. BUT THERE ARE SOME RELAXATION TECHNIQUES THAT CAN BE CARRIED OUT AT HOME, WITHOUT A PROFESSIONAL'S PRESENCE, SUCH AS: FULL ATTENTION MEDITATION, FULL BODY ATTENTION AND BREATH, SELF-COMPASSION MEDITATION, AMONG OTHERS.



**"A SITUATION OF CRISIS IS UNDERSTOOD AS AN EVENT THAT LEAVES THE STANDARDS AND THE EXPECTED, IN FUNCTION OF ITS INTENSITY AND EXTENSION, BUT THAT TRANSFORMS THE ONE WHO EXPERIENCES IT. AND ONE OF THE MOST ADAPTIVE AND FUNCTIONAL WAYS TO INTERPRET A CRISIS, IS TO LIVE IT AS AN OPPORTUNITY IN FRONT OF SELF-IMPOSED CHANGES".**

**ORGANIZERS:** (BARROS-DELLEN et al., 2020).  
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