

CARING FOR OURSELVES DURING AN ADVERSE SITUATION

Common reactions to adverse situations:

When we go through a disturbing event, where our life is at risk, our body may react differently than what we are used to. Some common reactions we may notice are:

- Mood swings Sadness or anger
- Discouragement and lack of interest in daily activities
- Very strong emotions
- Concern for the present and the future Fear
- Guilt
- Lack of hope
- Loneliness
- Confusion or slowness of thinking
- Difficulty concentrating or making decisions
- Changes in sleep and/or diet
- Desire to consume alcohol, tobacco or other intoxicating substances



In addition, memories of the event we experienced can suddenly and repeatedly appear in our thoughts, which can cause reactions in our body, such as an accelerated heartbeat, shortness of breath and sweating.

All of these reactions are common at first, but they can affect the way we care for ourselves and others.

What can we do to help ourselves:

It is a big challenge to go through a risky situation. It is important that we can be patient and kind to ourselves, and that we try to take care of ourselves and rest as much as possible. It is important to remember that other people may be feeling the same way as us. Therefore, we are not alone and we can look for connections with loved ones and seek support where it is important for each of us.



Caring for others in times like these is also challenging, and we do not have to be perfect caregivers every time. If there are trusted adults who can take care of the children we are responsible for, we can ask them for support when we need a rest or a moment to take care of ourselves. It will make us stronger to also care for others.

It is important to try to avoid behaviours that can harm our health over time, such as alcohol consumption. Additionally, practising a cultural, spiritual or religious activity and maintaining, as much as possible, a routine with defined times for eating and sleeping can bring us familiarity, comfort and a sense of security.

This informative material was created by MHPSS.net to support adults affected by the floods occurring across the globe in 2023. This material was adapted by UNICEF Myanmar, Child Protection-MHPSS Team.

