

A LITTLE HELP IN TROUBLED TIMES

Mental Health Support in
Times of Crisis

Handout



Agenda



When do we experience crises and why?

What can I do for myself?

How can I support others?

Crisis

Phase in which we feel overwhelmed

Crisis

Situational
crises

Developmental
Crisis



Situational Crises



Loss



Disaster



Illness



War



Developmental Crises



Reaching
school age

Puberty
identity

Starting a
family

Becoming
older

Crisis

= threat to our basic needs

Basic Needs



Attachment

Control

Recognition

Pleasure



TOOL

5



4



3



2



1



Focus on your sense in the following order:

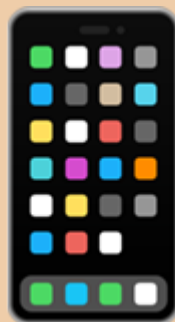
- 5 things you can see
- 4 things you can hear
- 3 things you can feel
- 2 things you can smell
- 1 thing you can taste



Anti-Rumination-Strategy



Seek
distraction



Restrict media
consumption



Scheduled
rumination
hours



Write or
talk



Out of my control

The action
of others

The past

The opinions
of others

What
happens
around me

In my control



My thoughts
& actions

What I give
my energy to

How I speak
to myself

The goals I set

How I spend
my free time

How I handle
challenges

My boundaries

The outcome
of my efforts

The future

How others
take care of
themselves

What other
people think
of me

Ajzen (2002)



Don't forget yourself.
Only those who take
care of themselves can
help others.



TAKE AWAY TAKE AWAY TAKE AWAY TAKE AWAY

- 1 Whether we are facing a situational (e.g. war) or a developmental crisis (e.g. aging), phases in which we are feeling overwhelmed are part of life.
- 2 Crises are perceived as a challenge because they threaten our basic needs of attachment, control, self-worth, and pleasure. The exercises in your workbook can help restore your basic needs and prevent future crises.
- 3 A shit shared is a shit spared. You can support colleagues, family members, and friends who are currently facing a crisis by sharing the workshop exercises and offering space for conversation with our "Support in Crises" guide.



Wrap up



Plan something
nice everyday



Do what works for
you right now



Notice what you
accomplish



Keep in touch
with others



And if everything fails?



Phone counselling: 0800.1110111 und
0800.1110222



Therapy / Coaching
www.psych-info.de / SHITSHOW



Psychiatric outpatient clinics



If you want to know more



Resources

- Grawe, K. (2007). Counseling and psychotherapy: investigating practice from scientific, historical, and cultural perspectives. *Neuropsychotherapy: How the Neurosciences Inform Effective Psychotherapy* (Hillsdale, NJ: Lawrence Erlbaum Associates Publishers.
- Wittchen, H. U., Hoyer, J., Fehm, L., Jacobi, F., & Junge-Hoffmeister, J. (2011). Klinisch-psychologische und psychotherapeutische Verfahren im Überblick. In *Klinische Psychologie & Psychotherapie* (pp. 449-475). Springer, Berlin, Heidelberg.

Tools

- WOOP Method (WOOP is a science-based mental strategy that people can use to find and fulfill their wishes, set preferences, and change their habits.)



If you want to know more

Additional Resources

- Ajzen, I. (2002). Perceived behavioral control, self-efficacy, locus of control, and the theory of planned behavior 1. *Journal of applied social psychology*, 32(4), 665-683.
- Al-Refae, M., Al-Refae, A., Munroe, M., Sardella, N. A., & Ferrari, M. (2021). A self-compassion and mindfulness-based cognitive mobile intervention (Serene) for depression, anxiety, and stress: promoting adaptive emotional regulation and wisdom. *Frontiers in psychology*, 12, 648087.
- Dennis, A., Ogden, J., & Hepper, E. G. (2022). Evaluating the impact of a time orientation intervention on well-being during the COVID-19 lockdown: past, present or future? *The Journal of Positive Psychology*, 17(3), 419-42.
- Dolan, Y. (2018). What is solution-focused therapy.
- Sonnentag, S., & Fritz, C. (2015). Recovery from job stress: The stressor-detachment model as an integrative framework. *Journal of Organizational Behavior*, 36(S1), S72-S103.
- Trzesniewski, K. H., Donnellan, M. B., & Robins, R. W. (2013). Development of self-esteem. In *Self-esteem* (pp. 60-79). Psychology Press.
- Vismara, L., Lucarelli, L., & Sechi, C. (2022). Attachment style and mental health during the later stages of COVID-19 pandemic: the mediation role of loneliness and COVID-19 anxiety. *BMC psychology*, 10(1), 1-10.
- Young, C. D. (2009). Therapeutic lifestyle change: A brief psychoeducational intervention for the prevention of depression (Doctoral dissertation, University of Kansas).



Thank you!

hello@shitshow.de | www.shitshow.de/en/
[@shitshowberlin](#)