



Handling stress and crisis – Strategies and tips



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Strategies and tips related to psychological levels



Person



Behavior



Thoughts



Emotions



Body



Behavior



What's causing the stress?

- no exercise
- no positive activities
- no daily routine

- **What is helpful?**
- plan positive activities (shedule)
- exercise every day (30 Min.)
- stay in touch



Thoughts



What's causing the stress?

- negative thoughts dominate
- not being able to switch from work to private life

What is helpful?

- guiding attention
- mindfulness exercises
- worry chair



Emotions



What's causing the stress?

- straining emotions such as anxiety, worries, frustration, powerlessness, helplessness
- conflicts in relationships

What is helpful?

- identifying emotions
- contextualizing emotions
- experiencing emotions (instead of trying to get rid of them)
- integrating emotions in relationships
- talk about feelings instead of letting feelings talk
- talk about needs

Many emotions such as sadness and fear might be straining, but they are a healthy and normal mental reaction to abnormal circumstances and stressors



Body



What's causing the stress?

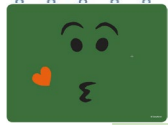
- disturbances of sleep
- tensions
- loss of energy

What is helpful?

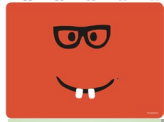
- sleep hygiene
- relaxation exercises (progressive muscle relaxation, yoga, autogenous training,...)
- activity and exercise
- self care such as personal hygiene, taking a bath, relaxing,...
- nutrition and management of toxic substances (alcohol, tobacco,...)



Strategies and tips related to basic psychological needs



Security



Safety



Pride



Joy

Attachment

Control

Self-Worth

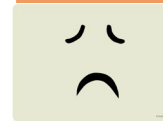
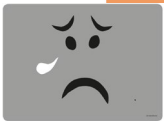
Pleasure

Sadness

Fear

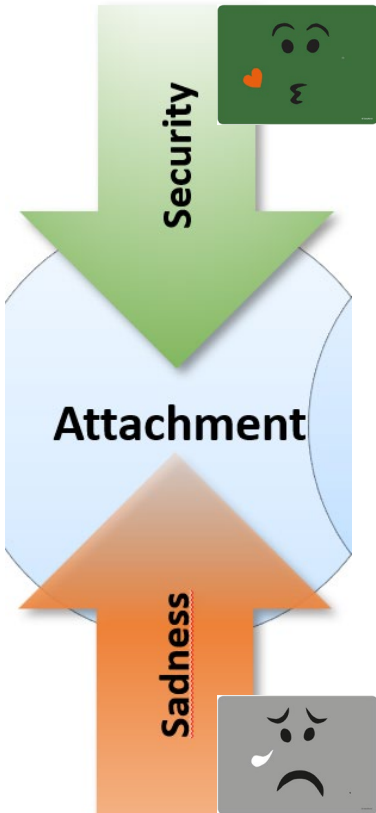
Shame

Anger





Basic Psychological Needs



What is helpful?

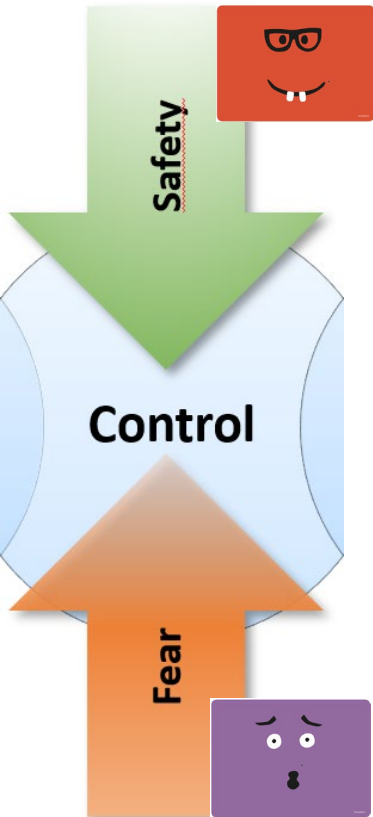
- nursing relationships
- plan and engage in common activities
- talk to each other
- integrate needs and emotions in relationships
- create individual, pairwise and family spaces

What's causing the stress?

- lack of bonding experiences, e.g. at work specifically during home office time, specifically for international employees
- conflicts in relationships
- loneliness



Basic Psychological Needs



What is helpful?

- noticing and contextualizing emotions
- normalizing emotions
- carry out activities that I can control
- Training of the perception for aspects or situations where I'm in control or feel oriented

What's causing the stress?

- anxiety, worries, frustration, powerlessness, helplessness, anger
- e.g. with regard to other future related worries such as environment
- e.g. with regard to conflicts at work



Basic Psychological Needs



What is helpful?

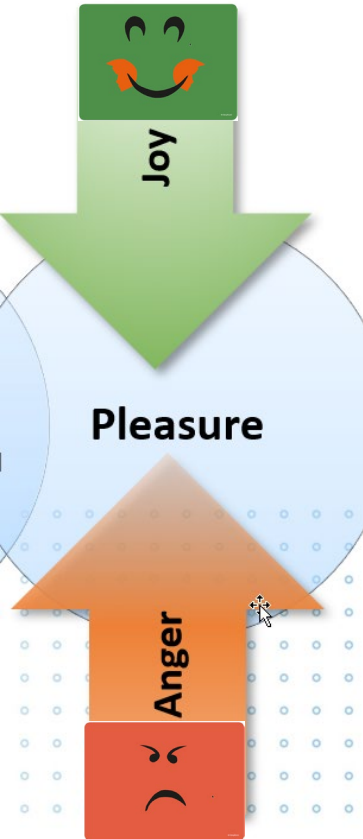
- focus on activities or relationships which are sources of self-worth
- pat yourself on the shoulder
- tolerate your own shortcomings and deficiency

What's causing the stress?

- lack of sources of self-worth, e.g. work
- sense of inferiority
- e.g. high expectancy vs. importance of praise



Basic Psychological Needs



What is helpful?

- plan and carry out pleasurable activities
- Train your ability to enjoy pleasure

What's causing the stress?

- weariness, indifference
- disbalance in duties and pleasures

Where can I get support?



German Help for Depressions: <https://www.deutsche-depressionshilfe.de/>

Crisis Service Psychiatry: <https://www.krisendienste.bayern/leichte-sprache/>
oder Tel. 0180/655 3000

Psychotherapeutenkammer Bayern:
https://www.ptk-bayern.de/ptk/web.nsf/id/pa_psychotherapeuten-suche.html

Kassenärztliche Vereinigung Bayern:
<https://www.kvb.de/service/patienten/koordinationsstelle-psychotherapie/>

These slides, tips, Verhaltenstherapeutisches Kurzprogramm für zu Hause,
<https://www.psych.mpg.de/corona?c=25045>

For MPG employees: <https://max.mpg.de/Service/Beratungsangebote/Pages/EMAP.aspx>

or <https://www.postdocnet.mpg.de/mental-health-initiative-2023>