

Coping with Stress

Welcome

We are sorry that you had to leave Afghanistan but the people of Fife would like to welcome you to the Kingdom of Fife. Do ask for information and help from the workers around you whenever you need it – they are here to help you.

Understanding stress

- It is normal at this time to have strong feelings about what has happened and what you and your family are going through.
- Everyone is different but when these things happen often people feel shock or other feelings like: sadness, anger, fear, numbness and guilt
- It is normal to find it hard to believe what has happened
- It is also normal to sometimes feel excitement and happiness
- It is also normal to feel pain in the body (headaches, stomach) and to find it difficult to sleep and to have bad dreams
- It is normal to forget things and to not feel hungry.
- It is normal to want to avoid people and situations which make you feel afraid and sad
- Children may show a lot of different feelings too: they may be scared, angry, cry a lot, be very quiet, find it difficult to sleep or eat – and sometimes act much younger than their age.

What can I do to help myself?

- Take one day at a time
- Be patient and kind with yourself
- Tell yourself that you are safe now
- Try to establish a routine
- Try to be physically active
- Visit green spaces and parks
- Try to eat well and get enough sleep
- Talk to people you trust about how you are feeling if you want to
- If prayer is important to you – pray
- Ask for information and advice from the workers around you – they are here to help you
- Seek professional help if you feel you can't bear how you are feeling

What can I do to help my children?

- Show your child that you love them by holding and hugging them
- Tell your child that they are safe now – that it is over.
- Tell them that it is OK to feel strong feelings
- Try to manage your own worry so that they don't see it
- Give information to help them understand what is happening
- Explain what is happening and reassure them that they are safe now
- Be patient and kind to them
- Let them talk about or draw about what they are worried about
- If someone has died – talk about the person if you can
- Try to get a routine going
- Encourage your child to play, exercise and have fun
- Help your child get enough rest
- Be consistent and do what you say you are going to do
- Go for walks and visit green spaces with your child
- Speak about the future to your child and make plans
- Seek professional help if you feel that you are struggling to parent your child – there are people who can help