



Luxembourg, 7 April 2020

Psychologists

Coronavirus series – No. 1

Dealing with the confinement as an adult

1. Containment and possible reactions

- Concerns about the ability to take care of the persons of whom you have the responsibility and work at home at the same time
- Uncertainty or frustration about the duration of this situation and uncertainty about the future.
- Solitude associated with the feeling of being cut off from the world and the people you love.
- Irritation, decreased tolerance of the environment with which you are confined, increased risk of violence.
- Boredom and frustration because you can't work normally or engage in regular daily activities
- Uncertainty or ambivalence about the situation
- Desire to use drugs or alcohol to cope with the situation
- Symptoms of depression such as feelings of hopelessness, change in appetite, sleeping too much or too little...

Interesting internet links:

- <https://www.cerveauetpsycho.fr/sd/psychiatrie/quelles-sont-les-consequences-psychologiques-du-confinement-18980.php>
- <https://www.zeit.de/gesellschaft/2020-03/social-distancing-homeoffice-homeschooling-coronavirus-covid-19/seite-2>
- <https://www.bmbf.de>
- https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2



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2. Dealing with loneliness, lack of contacts: connecting with others

Reaching out to people you trust is one of the best ways to reduce anxiety, depression, loneliness and boredom during periods of social withdrawal, quarantine and isolation, even if you live with your family.

You need a safety valve, your own time as in everyday life.

You may:

- Use the phone, email, SMS and social media to communicate with friends, family and others.
- Talk "face-to-face" with friends and family using Skype or FaceTime.
- Create communities of neighbors (WhatsApp groups, etc...) to establish support systems (shopping, sending friendly messages, little jokes...)
- If you need to get in touch with someone because of an alcohol or drug problem, consider calling your local Alcoholics Anonymous or Narcotics Anonymous office.

Interesting internet links:

- <https://thepsychologist.bps.org.uk/coping-life-isolation-and-confinement-during-covid-19-pandemic>

3. Mental and physical health

- It is important to avoid unnecessary stress and regain energy.
- Avoid reading all the articles related to Covid19. This feeds anxieties.
- Structure your day and the children's - Save some time alone to read, listen to music, play games, do sport activities, etc.
- Continuing to take care of yourself, being in pyjamas all day long even if you're teleworking is not going to help.
- Sleep is disturbed, we adopt a rhythm that is not usually ours. It is very important to keep as much as possible our usual rhythm, or at least to get as close to it as possible. This will help to maintain / regain a restful sleep.
It is also important before going to sleep to cut yourself off from covid19 news and screens. The light from these will mislead the brain and make it think it is daylight. It will therefore maintain its activity instead of slowing it down.
- Sport: In these times of confinement, many centres/coaches are putting online courses/exercises to do. It's important to take care of yourself as well so that you don't let yourself go physically AND mentally.

Interesting internet links:

- <https://basketball.de> (Alba Berlins tägliche Sportstunde)
- <https://leseco.ma/sante-mentale-et-physique-comment-se-preserver-en-periode-de-confinement/>

A free, multilingual psychological support service is available to the general public. A highly qualified team is available **7 days a week from 7:00 am to 11:00 pm** at the following number: **8002-8080**. Anyone who feels overwhelmed and needs to talk to a professional can call.

Below are government posters in different languages. Feel free to share them.

- [Covid-19 Je suis angoissé\(e\) \(femme\)](#)
- [Covid-19 Je suis angoissé\(e\) \(homme\)](#)
- [Covid-19 Ech maachen mir Suergen \(femme\)](#)
- [Covid-19 Ech maachen mir Suergen \(homme\)](#)
- [Covid-19 Ich bin beunruhigt \(femme\)](#)
- [Covid-19 Ich bin beunruhigt \(homme\)](#)
- [Covid-19 Eu estou ansioso \(femme\)](#)
- [Covid-19 Eu estou ansioso \(homme\)](#)
- [Covid-19 I am anxious \(femme\)](#)
- [Covid-19 I am anxious \(homme\)](#)
- [Je suis un\(e\) professionnel\(le\) de santé \(infirmier\)](#)



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- Je suis un(e) professionnel(le) de santé (infirmière)
- Ich gehöre zum Gesundheitspersonal (infirmier)
- Ich gehöre zum Gesundheitspersonal (infirmière)

If necessary, you can contact the following services:

- <https://www.cepas.lu>
- <https://www.slp.lu>
- <https://www.llhm.lu>
- <https://www.dhnet.be/regions/centre/un-soutien-psychologique-gratuit-propose-par-un-centre-du-roeulx-5e74d02a9978e201d8c94a1a>
- <https://infodujour.fr/education/31505-le-coronavirus-mieux-vivre-le-confinement-avec-le-centre-pierre-janet>
- <http://centrepierrejanet.univ-lorraine.fr/ressources/>