

Newsletter #2

What can you do from home?

It is a special time where we have to look again at the way we can support each other. A time where loneliness is experienced by many people and especially therefore it is more than ever needed to take care of each other. Discus HVO-Querido started the international project 'Restoring dreams to tackle loneliness' 1,5 years ago. Loneliness is a global problem and a topic that is still taboo in many societies. Research shows that loneliness and social distancing are harmful to our health. With this project we want, especially now, to share tips, tricks, stories and advises about how we can fight loneliness together. Be sweet to each other and stay in touch with the people around you. We need each other. <3

How to stay mentally healthy?

First of all: structure your day. Some stay home to watch Netflix or play videogames whole day. But structure is super important. Wake up and go to sleep on time. Live like you're going to work or school. Take a shower, brush your teeth, wear clothes that you would wear to school or work and take time for a coffee or lunch break. See the extra time you have as a challenge: learn something you always wanted to learn or read books that you always wanted to read. The feeling of being useful can help to improve your mental health.

How to take care of your body and mind?

Besides structure it is also important to take care of your body and mind. Eat healthy and move half an hour every day. Now that you are home all the time, you need less food than normal. Less sugars, but you do need vitamin C, D, B6, B12 and zinc. Doing sports is important for your mind. You will boost your endorphins, serotonin and dopamine levels. Neurotransmitters that works against fear and depression. If you can, don't lock yourself in. Go outside. Enjoy the nature, have a walk or watch the sea. Don't forget not to visit busy areas, stay away from others but make sure you still get enough daylight.

Emergency numbers you can call!

Helpline ANBO: Do you have a question about coronavirus disease (COVID-19), are you worried or you just want to have a chat? 7 days a week from 09:00 – 21:00 (+31 348-46 66 66)



Helpline ADF stichting:

The number of the ADF stichting is open for everyone that suffers from anxiety, compulsion or depression. Also partners and/or family can use the number. At the ADF stichting work experts by experience. People who know how it feels.
(+31 343 – 753009) During working days 9.00 until 13.30.
E: info@adfstichting.nl / W: www.adfstichting.nl

Coronavirus helpline of the Red Cross:

Do you need someone to listen to you, an advice or extra support because you are in quarantine or home isolation?

Contact the Red Cross helpline (+31 70 4455 888). Monday until Friday from 9:00 – 21:00 and on Saturday between 10:00 - 16:00.

Don't let people make you crazy

People who are already anxious are often member of WhatsApp groups where its only about the coronavirus. They watch news all the time and follow twitter or other social media platforms very often. It could help to limit yourself in how often you talk about it. Our instinct makes us focus on danger. That is normal, it helps us to survive. But try to keep the positive things in mind. Negative thinking doesn't help, try to avoid the horror stories. How to do that? By putting things in perspective. Insecurity is part of life, but you don't have to be afraid of it. To understand what you can learn from this crisis could help you. Instead of only focussing on the negative side of it, you can also see it as a challenge that will make us stronger. We can do this by learning how to connect with our strength, ourselves and each other. It's also important to focus more on your life here and now. The Netherlands we focus a lot on the future but sometimes forget to enjoy the life we are living right now. This is your chance to realise that.

How to stay mentally stable in this stressful time?

More useful advice, contacts and initiatives to survive this period together: <https://wijzijnmind.nl>

Radio de Verbinding (means Radio the Connection)

In Radio De Verbinding Hishaam Eldewieh, Carlos Tilburg and Elise de Cuyper, Radio presenters en social workers, are looking for the musical identity of the city of Amsterdam together with their guests.

Radio de Verbinding is broadcast every Wednesday from 14:00-15:00 and every Friday from 16:00-17:00. Listen to Radio de Verbinding 106.8 FM and online via www.salto.nl/player-stadsfm.

