



What do we know? The emotional part

The Corona virus is on the news all day. People cope with it in various ways. Negative emotions use the same resources as the immune system for coping. Here are some research-based techniques and recommendations for children and adults for changing negative emotions:

1. **Positive emotion eliminates negative emotion** – this is called the “Undo Effect”
2. **Things that help us to feel the here-and-now:** breathing, snuggling, a game also suitable for children - taking turns rolling on the floor, dancing - take turns by song as a game, there are short and long yoga videos suitable for different ages. This feeling of the here and now is called "sense of self".
3. **Think about at least one positive thing a day** - something that was fun, joyful, funny, entertaining
4. **Try to laugh** - at least once a day.
5. **Do something good for someone else** - like helping someone.
6. **Do something for myself** - for example: sit quietly with a cup of coffee for fifteen minutes or more, hear a favorite or joyful song, play a game, draw or paint.
7. **Do things that make you feel safe and secure** - talk to someone from your family or community. You can also arrange equipment for a week or two in case there will be shortages (always good to have, even when there is no Corona).
8. **Avoid feeling negative emotions for prolonged periods of time** - if the negative emotion does not disappear after talking with someone or directing your thoughts, it can be suppressed. It is known that when we are in situations we do not prefer or like, suppression of negative emotion allows the positive emotion to appear.
9. **When negative emotion overwhelms, you may observe it and let it pass** - sometimes when trying to change emotion, we have an internal struggle. Sometimes the emotion comes to tell us something. Listen to the emotion for a few moments, then put it aside and move on. Accept your emotion and understand that every feeling is legitimate, and we can learn from it.
10. **Think of the situation in a way that allows to see the positive** - when the unpleasant feeling gets in the way, interpret the situation in a different light. For example, if I need to be in solitary confinement, this is an opportunity to tidy up the messy closet or watch a TV series I had not found the time for.
11. **Focus on something else** – do not think or read about the Corona, do not talk about the thing that makes you feel bad. Focus on something that feels good, draw attention to something pleasant - like a particular book or website.
12. **Maintain a regular daily routine as usual, in order to anchor you and your family** - go to bed and wake up at regular hours, maintain meal times like on normal days, have regular shower time.
13. **Remember that this too shall pass, and eventually things will be fine** - as always.

Prepared by Dr. Adar Ben-Eliyahu

Department of Counseling and Human Development, Faculty of Education, University of Haifa
Head of Consortium on Youth/Children in Prolonged Crisis

9 March 2020

אוניברסיטת חיפה, שד' אבא חושי 199, הר הכרמל, חיפה, 3498838
University of Haifa, 199 Aba Khoushy Ave. Mount Carmel, Haifa Israel, 3498838

muchanut@hevra.haifa.ac.il

בתמיכת: משרד המדע והטכנולוגיה והרשות הלאומית לחירום (רח"ל) במשרד הביטחון

Supported by: The Israel Ministry of Science and Technology
The National Emergency Management Authority, Ministry of Defense