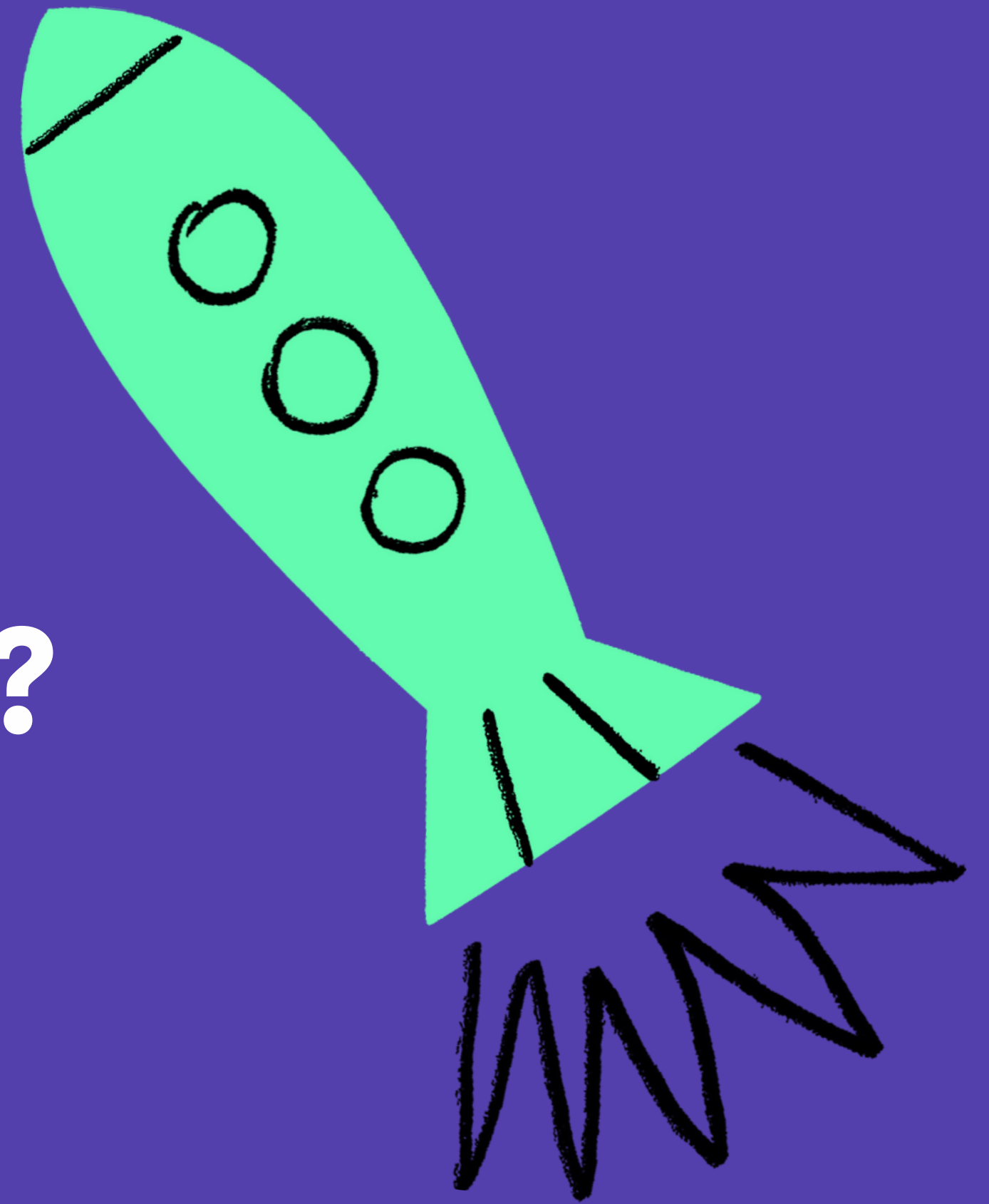




How to cope with an emotional crisis?



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An emotional crisis is a temporary state of being thrown out of mental balance. It may be triggered by an encounter with an insurmountable obstacle in your personal, work or financial life.

Anyone might experience a crisis regardless of who they are and what stage of life they are at - it is a natural reaction to unnatural circumstances

What causes an emotional crisis?

Significant life changes:

Major life changes such as the loss of a loved one, divorce, a job loss, or a serious illness can trigger an emotional crisis. These events can disrupt our sense of identity, security, and stability, and may lead to feelings of fear, confusion, or uncertainty.

Chronic stress:

Chronic stress, such as ongoing work or relationship problems, financial difficulties, or health issues. When stress is prolonged, it can take a toll on our physical and emotional health, and may lead to feelings of burnout, fatigue, and hopelessness.

Trauma

Traumatic events such as physical or sexual assault, natural disasters, or accidents can also cause emotional crises.

Symptoms of an emotional crisis often include:

- Intense unpleasant emotions: hopelessness, anxiety, guilt.
- Sleeplessness (or sleeping too much).
- A need to isolate from others.
- Problems with focusing, thinking clearly or remembering.
- Increased irritability.
- Headaches, stomach pain, fatigue.
- Panic attacks



**What to say
to a person
in crisis?**



- ✓ I am **here** and I'll stay as long as you need me to.
- ✓ I want to **help** you.
- ✓ I'm **glad** you are telling me about this.
- ✓ I completely **understand** your reaction.
- ✓ I understand that what you're going
- ✓ through is causing you enormous **pain**.
- ✓ I'm **sorry** that you're going through this
- ✓ I can **see** how hard it is.

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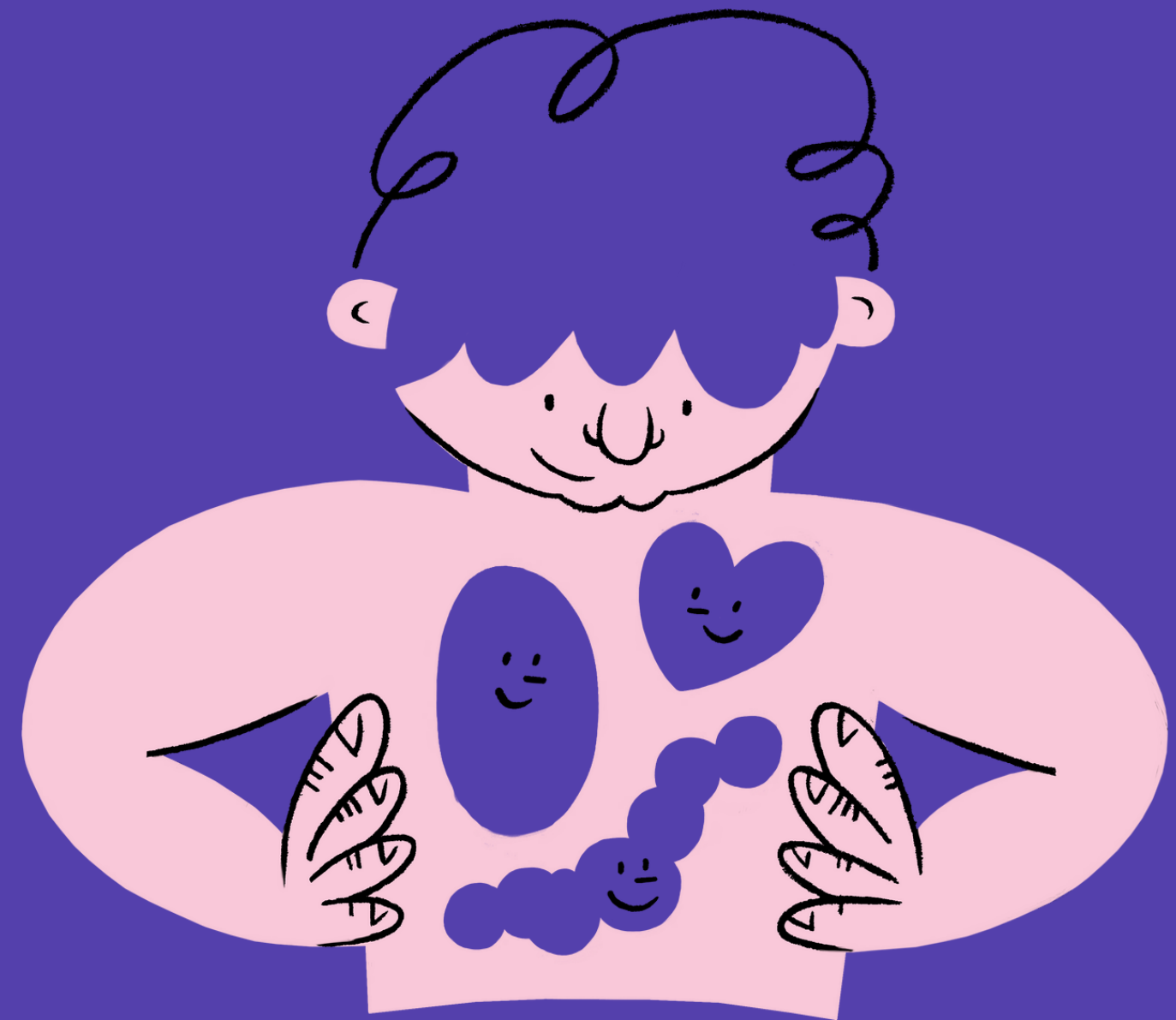
If you feel like you're not equipped to help the other person, don't worry, it's totally okay. Your main priority should be ensuring their safety. You can gently suggest that they seek the assistance of a specialist or someone who provides Psychological First Aid (PFA).

Just remember to approach the situation with kindness and understanding, and let them know that they're not alone in their struggles.

How to get specialist help?

If you are experiencing symptoms such as sleeplessness or unexplained pain, consider seeing your doctor and getting a thorough checkup. If you are worried about your mental state and the amount of stress you have to deal with on a daily basis, you would benefit from crisis counselling.

It entails 1-3 conversations with a therapist or coach. Some people feel much better after the first session, as it allows them to look at their problems from a new perspective and find solutions they never considered.



How to get specialist help?

Bear in mind that seeing a therapist doesn't have to lead to starting a long-term process.

This perspective discourages some people from seeking specialist help, but in fact therapy can last just one session. If you are dealing with a serious problem right now, the specialist will first focus on helping you overcome it. For example, Solution-Focused Therapy lasts no longer than several weeks or months.



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Every specialist you see will make an assessment of your needs and your health condition in order to find the right solution. They may advise you to see a specific doctor or therapist. And if you are not happy with the person you are seeing, you have the right to ask them to recommend someone else.



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