

FOR FOREIGN STUDENTS IN SLOVAKIA



You are probably experiencing various emotions - deal with them, write them down, keep a diary/journal to process your feelings and ponder over your current state, organize your thoughts and calm down



If you are experiencing strong and profound emotions, give them a vent – talk about your feelings, or should you need, seek for a place where you can shout, kick into something (pillow, boxing bag, use sticks to beat at tree trunks in the forest), doodle/ scribble on a piece of paper, write down all the bad that weights you down



find someone near you, whom you can talk to, confide in (friend, professor, counselor in an advisory center); if you can't find anybody or you are not able to talk about it, keep a diary



don't be afraid to ask for help if you need anything



try to stay prudent and composed



don't feel guilty for being here, believe that it is reassuring for your family to know that you are in safety



curate the sources supplying you with information, make sure to use reputable news platforms



don't overload yourself with a large amount of information – listen to/watch news a couple of times a day, you don't have to keep up with it all day long



maintain your social contacts and look after your network of social support (people who you can lean on, confide in or ask for help)



participate in voluntary activities: if you speak Slovak, you can work as a translator, interpreter



stay in touch with others in the same situation, be helpful, active think of activities for them



stick to your daily routine – school/job, hobbies, chores/duties, family, friends; daily routine and habits help us preserve certainty and safety



don't forget to dedicate some time to yourself, reserve a couple of minutes of a day (e.g. 15 minutes per day) to listen to music, exercise, educate yourself/take courses, or relax



in case of a real emergency, pack an “emergency bag” with the necessary things – documents, money, passport, medications, clothes, water, food (energy bars...), charger

