

LETTING GO OF FEAR. FEAR MANAGEMENT BASED ON POSITIVE FACTS

Creativity applied to fear (Activity 3/12)

DESCRIPTION

This activity is aimed at caregivers of elderly people living in nursing homes so that through the development of their creativity they can help and support the elderly in situations or emotions of fear. The aim of this activity is to support people working in nursing homes with different profiles and without specific training to deal with the diversity of the elderly in the emotional management of fear through creativity. If there is one emotion that has overflowed our hearts throughout this period provoked by "COVID 19", it has been fear, above all because it is part of its functional logic: if there is a danger and I cannot face it, I must prepare myself to flee, in our case, protecting ourselves by "staying at home". Therefore, in terms of its adaptive function, fear has accompanied us in coping with the experience of the threat caused by the virus. The problem lies in its degeneration when, through lack of adaptation, it becomes permanent fear, uncontrolled panic or non-adaptive phobia. This is why it is so important to dialogue with our fears in order to find a "reasonable" meeting point between their useful function and their attempt to enslave us. These fears can be: - Fear of being infected - Fear of loss - Fear of suffering - Fear of not returning to normality In order to face this, we must be aware that zero risk does not exist, neither in the context of COVID 19 nor in life in general, and therefore we cannot speak of total protection in any scenario in which we move in the day after. That is why, after becoming aware, we will have to find



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a way to "let go of fear", and the development of this activity is intended to do just that. This activity is specifically designed for when a panic attack occurs. We must be aware that a fear attack can appear at any time and we must know how we can minimise its effects on ourselves and the people we work with. This activity has an emotional focus, an emotional management of fear in order to overcome that emotion, to let it go and thus reach a state of peace, calm or happiness.

OBJECTIVES

- To encourage and develop the creativity of all those who work in nursing homes so that they can help to effectively combat the fear of the elderly by giving concrete and specific responses to each person's situation.
- To create a methodology that allows caregivers to use a tool in moments of panic attack.
- To learn to let go of fear by attacking it with concepts and facts that make us feel strong and relieved.
- To stimulate our creativity and imagination through drawing. To foster a positive internal dialogue to "let go of fear".

RESOURCES AND MATERIALS

- Sheets of paper
- Cardboards
- Pens
- Computer, printer
- Pictures, photos
- Glue, masking tape
- Scissors
- Markers, colored pencils

IMPLEMENTATION - INSTRUCTION

With this dynamic we will try to learn to let go of fear. The mere fact of pronouncing the word out loud provokes a feeling of relief. It's like when you go to the bin and throw out the rubbish after having accumulated a few bags at home. It brings a sense of relief, doesn't it? It is a technique that is not enough



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on its own to overcome the problem, but it can help you manage fear or panic when you are suffering an attack. The idea is that through this dynamic we let go of fear by attacking it with concepts and facts that make us feel strong and relieved: - I am not afraid! - Everything is going to be fine. This activity consists of the participants, in pairs, developing a series of concepts or facts that they will use when they are afraid and want to let go of their fear. Each of the participants will choose what they prefer to do to "let go of fear". The first option is to write down at least three positive and realistic phrases that they can say out loud or to themselves when they are afraid. For example, "what I am feeling cannot do me any harm", "this will pass and everything will be fine". People will use these positive thinking phrases in situations where they are afraid. They can read them out loud when they start to feel fear. They should try to carry them with them at all times so that they can use them at any time and learn them by heart. The second option is to draw a picture of a landscape, a place or a memory that makes us feel calm and happy, and colour in the picture. When the drawing is finished, it will be placed on the door of our wardrobe, or somewhere in the room where we can go when we are afraid, look at the drawing and dispel that feeling of fear. The third option is to print a photo or several photos of our youth, maturity... of moments in which we have been happy and calm, or equally of places or landscapes, or whatever we want to make us feel good. They will also be placed on the door of our wardrobe, or somewhere in the room where we can turn to when we are afraid, look at those images and let go of the fear. Depending on how much time you have to do the activity, you can do a combination of the three options and all participants can have a small collage of images, drawings and words that they can turn to when they have a panic attack or are afraid. In addition, this visualization should be accompanied by positive and realistic words and phrases that help them to let go of their fear. It is very important to keep in mind that when we accept our feelings of fear or anxiety and stop running away from them, they diminish. Therefore, this exercise is not about running away from that fear but about accepting it and letting it go by evoking calm and happy memories and emotions. At the end of the activity, feedback can be given on whether they think the activity is useful or would benefit them in a fearful situation, and what other things they do to "let go of fear".

POSSIBLE MODIFICATIONS

To extend this activity, a group mime activity can be done. Each participant has to go out and represent through non-verbal language or mime a situation that makes them feel calm, relaxed, happy, and the rest of the participants have to guess what that situation is. This activity also aims to improve the climate of trust among the participants because it is an activity of discovery and knowledge of others and of ourselves. It is important that the person who facilitates the activity has experience in emotional management, since when working with an emotion such as fear, feelings or emotions can arise in the participants and we have to be prepared to manage this situation so that the participants find the activity useful and beneficial.

EXPECTED RESULTS

With the development of this activity, it is expected that caregivers/participants will acquire new options or tools on how to react to the emotion of fear both for themselves and for the people they work with. The mind is very powerful and we can feel emotions when we see images, drawings, when we say positive words to ourselves, so with this activity we will induce positive emotions to face our fears from the visualization of the "collage" that we create. It is an activity that is not enough on its own to overcome the problem, but it can help you manage your fear or panic when you have an attack. And it can be complemented with other techniques that work on fears from the root, to understand them, rationalize them and thus be able to let them go completely.