How can we raise the feeling of safety in an even unsafe place?

Transgenerational Memories

It is helpful to remember what the ancestors would have done in such a situation

Human support

Not feeling alone, forgotten, but well supported by friends and people e.g. from other countries

Prevention

Security to know what you have to do in the next situation of threat: Shelter, evacuation plan, people in charge to guide the people while evacuating...

Raise self-confidence

Everything what can raise the self-esteem and self-confidence of the people involved is important to do. With their intuition they often know best themselves what they need.

Traditions

Religious and cultural traditions are very important. They help to cope with trauma:

- ceremonies

- ...