The balancing act between fear and hope

Negative feelings are part of being human in order to adequately process (traumatic) experiences.

Worry

Fear

Anxiety

Despair

Courage

Optimism Hope

Confidence

Hope is a multidimensional and highly individual feeling, which is subject to continuous adaptation.

- Fear is a natural and important reaction. It is a force that drives us to cope with real threats.
- Occurring at a moderate degree fear ...
 - has a protective function through a performanceenhancing effect.
 - sharpens our senses & activates our survival mechanisms.
 - can lead to personal maturation.

It is normal
that fear and hope,
worry and confidence can
alternate in the shortest possible time
or that they are present at the same
time. The ability to sustain this duality
"double awareness" is considered to
represent an optimal psychological
adaptation to disease or crises.

- Hope is a confident inner orientation that something desirable will occur in the future, without having certainty about it.
- It can be accompanied by fear and worry.

"Hope is definitely not the same thing as optimism. It is not the conviction that something will turn out well, but the certainty that something makes sense, regardless of how it turns out." Václav Havel

About "good" and "bad" feelings

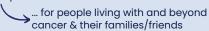
Right is what feels right for you!

There are no bad feelings. Every emotion has its justification and function and should be allowed to be felt and expressed.



What's needed?

Continuous Mental Health surveillance during treatment and in life-long follow-up care



Easy access to psychosocial treatment and other support options

Dedicated professionals with the necessary knowledge, skills and time

Peer-support programmes

Feelings that subjectively feel right and coherent lead to greater well-being, regardless of whether they are considered to be "good" or not.

Positive attitude vs. "Toxic positivity"

Positive attitude and optimism are generally associated with higher well-being...

BUT... when used to suppress negative emotions, it can do more harm than good.

The force of "having to be grateful" can lead to pressure and feelings of guilt. Traumatic experiences should have a place and be dealt with.



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