**FEARS AND UNCERTAINTY – PRESENTER NOTES**

**SLIDE 5 – EFFECTS**

**Physical effects:**

* Causes stress
* Higher heart rate
* Sweating
* Anxiety

“This is not pleasant and that’s why we try to reduce uncertainty in all sorts of ways, to take control of the situation.” Frenk van harreveld, Social psychology, UvA

From article in the NRC Handelsblad (major Dutch newspaper), Sat 21 March & Sun 22 March 2020: Omgaan met zekerheid. (Coping with uncertainty)   
Uncertainty has been less researched than fear as a psychological phenomenon.

**SLIDE 6 – TOILET PAPER**

If we’re not in control we want to know that others are – government, scientists.

Currently many of us are experiencing unparalleled uncertainty in our lives. And for the future.   
“Ik begijp wel dat mensen veel wc-papier kopen.” van Harreveld. ”I understand why people are stocking up on toilet paper.”

**SLIDE 7 - GRAPH OF CORONA CASES**

“Various people who I had no idea knew how to do this sort of thing, suddenly started sending me graphics.”

van Harreveld

**SLIDE 8 – GRONINGEN EARTHQUAKES**

The article in the NRC about coping with uncertainty also referred to this research conducted into earthquakes in the northeast of the Netherlands around Groningen. The earthquakes are the result of drilling for gas, causing structural damages to thousands of homes and buildings – like cracks, and sagging external walls. Some houses are being torn down.

**SLIDE 9 – HOW WE REACT**

Also in the NRC was an article about a woman giving psychotherapist, who has now shifted her practice in Amsterdam to walks in the dunes with clients. She treats people with stress, burnout, traumas and anxiety. And she is seeing a worsening of people’s complaints particularly for anxiety as worries, as a result of the coronavirus.

“One patient has to go to her work but is terrified that she will catch the virus and give it to her elderly father.” This woman was panicking so much that she could no longer think rationally. And then you can no longer decide what you should or should not do to avoid catching the virus.

How do pscyhologists treat fear – usually by exposing someone to whatever it is that they fear, in order to experience that their fears are (largely) unfounded. But in this case, asking someone to regularly travel with the train or be exposed to the virus isn’t possible!

**SLIDE 13**

Causes of catches:

* Fears
* Growing up in an unhappy family
* Feelings of insecurity
* Right now we have plenty of feelings on insecurity, uncertainty and even fears

**SLIDE 14 – HOW FEAR AFFECTS OUR HEART CHAKRA**

We need to work on our heart chakra at the moment with all the fears and uncertainty resulting from the coronavirus. We are all affected in some way, some of us more than others. Some of us may know someone who has or has had the virus. Perhaps someone close to us. Perhaps someone who has been hospitalized. We may even have had it ourselves or be carrying it. We may have elderly relatives we do not want to infect, like a friend of mine in the UK. Her 92-year old mother is living with her and had to go to hospital with suspected appendicitis. And just because she had a slightly elevated temperature they put her in the coronavirus ward! Fortunately she is now out of hospital but it has been a super stressful ordeal for them both and her mother is far from fully recovered. Someone dear to us may have passed away from it in another country and been unable to be there at the last moment, like the colleague I work closest with at the moment.

**SLIDE 18 – FEARS IN OUR NABHI**

Some of us might be struggling with the uncertainty of having lost their job, had their contract reduced or suddenly no work at all as a result of the virus. Or are worried about losing their job.