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Methods of psychological self-regulation when losing a home

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A house for each of us is not only walls and material values. Although how much pleasure we get while looking at flower pots on the window sill that have sprouted, while resting on our favorite bed or from the smell of freshly cut lawn in the yard of the house. Our house is a comfort that we built during part of our lives, spending our own time and money on it, which occupied our thoughts and created a problem of choice.

The outstanding American psychologist, the founder of humanistic psychology, Abraham Maslow, whose parents, by the way, were Jewish immigrants from Kyiv, created a hierarchy of needs, according to which the primary basic human needs are physiological and safety needs. This is the minimum level of needs that every person must satisfy and seeks to satisfy without fail. We cannot strive for social recognition, professional self-realization and self-expression until we have food to eat and a place to live. Having a home satisfies our need for security, creates a sense of confidence in the future [1].

Under conditions when it is not possible to return the house itself, it is necessary to try to restore the feeling of home and, at the same time, the feeling of security. The feeling of home "builds" quite a long time. The duration of

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this period depends on the individual's motivation to create a new home for himself and on the individual's mental resources. The period for adaptation to a new city can last up to a year. People feel the most acute sense of loss from three months, when a person has already moved away from acute stress, to six months. Although these periods are quite individual [2].

You need to try to build comfort: buy material things that will cause positive emotions - for example, buy new vases, very nice bed linen, everything that gives a person a sense of comfort or home. The more effort or resources a person spends on creating comfort, the sooner the moment will come when a person will feel at home in a new city.

In order to reduce negative feelings about the loss of a home, psychologists shift the focus of a person's attention to interpersonal relationships. There is no greater value than human life. After all, to feel at home is to be among relatives, in the family circle, support each other, share your thoughts, laugh and cry together. You are with each other, and this is the basis of a sense of security, a sense of home.

Self-help groups are effective in correctional work. Contact with people who have experienced such a loss is very psychotherapeutic. It is among such people that one can react emotionally, experience loss, and receive true sympathy and empathy. This will help to get rid of feelings of anxiety, sadness and uncertainty.

Most psychologists recommend learning languages, especially if a person has moved to another country, volunteering, or doing some small business that will give you a sense of self-importance, success, and fulfillment. But all this is possible only when you feel the strength and desire to live and create - when a person is in a resource.

If you have been unable to cope with the loss for a long time, you are experiencing causeless anxiety, possibly panic attacks and overwhelming homesickness, then consult a psychologist. Let's go through this difficult path together.

References:

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