

## FEAR AND OVERCOMING THE EFFECT OF FEAR

- Fear of physical harm or social threat (like losing job) is an emotion experienced by all human beings during their life.
- Fear is a normal response to what you see could be a threat. Fear is a natural response of all animals including human beings feel, therefore you cannot judge someone because of it. Most of us cannot overcome fear itself, but we can overcome how fear makes us act.

### WHAT IS FEAR?

What is fear? It is a normal reaction your body makes when it thinks there is danger. This causes more blood to flow to your heart. This causes the heart to beat faster and stronger and you breathe faster, giving you more power to react.

**Fear is like rain! It falls all over you, but still, there are ways to stay dry.**

### “RAINCOAT AND UMBRELLA”

*Fear and rain are both natural and can't be avoided, but you can prepare yourself for both.*

OVERCOMING THE EFFECTS OF FEAR



PREPARATION



ACTION

How to prepare yourself for action!

- Remind yourself of the reason you are in the street and accept that you are going to be scared
- Talk with your friends openly about the risks and consequences and be honest with your family so they are also prepared and can manage without you.
- Support each other by telling yourselves that “you are not alone” and those who stay home show their support by looking after the families of those in the garden.
- Carefully plan for the action, carry your medication and a bottle of water to drink and wear flat shoes. If you are with a child carry something for them to eat.
- Remember what you are supposed to be doing and why you are doing it. Stay focused on the task, not on the opponent.
- Concentrate on chanting slogans or singing or if you cannot sing just concentrate on breathing.
- Humor is a good way of reducing fear within a group – help to keep your comrades morale high. Pray if you need to – God helps those who help themselves.
- Yawning has the same effect as deep breathing (since it provides same amount of oxygen to brain) and makes one appear to be calm.
- When the police come, please peacefully sit down and wait for them to do their work. We will already have called our lawyers to defend you.
- Be disciplined, maintain your promise to be non-violent and love your fellow Zimbabweans.

**We must accept that fear is natural way for our bodies to protect us – so let us stop blaming others or feeling ashamed of ourselves when we are scared.**

***Half the success of an action is overcoming the effect of fear! This does not just happen we have to make it happen and support each other as we try to overcome fear.***

### Some sayings on courage and fear

Courage is the willingness to accept fear and act anyway.

Courage is not the absence of fear, but rather the judgement that something else is more important than fear.

Courage is being afraid but going on anyhow.

Courage is doing what you're afraid to do. There can be no courage unless you're scared.