

If you are worried
about the war in
Ukraine, here are four
coping mechanisms
to help.



**STAND WITH
UKRAINE**

#1

Help where you can

Know this: You can't be the juggernaut of current affairs, but you can learn to love with bad news and make a difference where you can.



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#2

Talk to People

A problem shared is a problem halved and talking about your anxiety can help you work through the emotions and perhaps get a clearer perspective.



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#3

Switch off

One of the best coping strategies?

Take a break from the coverage.

Try this: Reset your social media feeds, avoid news websites and turn off the TV for a few hours in the evening. A break from the constant media coverage can give you the headspace you need, plus will allow you to take the information in, acknowledge your thoughts and feelings towards it, and then decide how to act on it,



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#4

Decompress

If you know that you have taken in the current news headlines and done everything you can to support the innocent citizens of Ukraine,

Know this:

Decompressing and making sure you are protecting your own mental health is one of the easiest ways you can help.



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For more information and support

www.marieclaire.co.uk/life/health-fitness/cping-mechanisms-768080



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How we can help the people of Ukraine?

The British Red Cross' Ukrainian crisis appeal is raising donations to help get Ukrainian's civilian's food, medicines, basic medical supplies, shelter and water.

www.donate.redcross.org.uk/appeal/ukraine-crisis-appeal



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Useful links to keep up to date

www.bbc.co.uk/search?q=latest+on+Ukraine&page=1

www.gov.uk/world/ukraine/news

www.linkedin.com/news.story/ukraine-latest-updates-5250788/



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