

THE NEWS OF THE WAR CAN CAUSE YOU



DIFFICULTY TO SLEEP



NEGATIVE THOUGHTS ABOUT YOURSELF, OTHERS AND THE WORLD



SOMATIC PROBLEMS



SENSE OF IMPOTENCE



PAIN / SADNESS



DIFFICULTY CONCENTRATING



FEELING AS IF THINGS ARE UNREAL



CONSTANT ALERT AND ANXIETY STATE



DIFFICULTY TO RECOVER A STATE OF CALM

WHAT CAN YOU DO



RECOGNIZE AND WELCOME



RELAX BODY AND MIND



FIND YOUR SAFE PLACE



RECOGNIZE AND WELCOME

- **Listen and recognize what happens to your emotions, feelings, thoughts and your body.**
- **Do not deny what you are feeling: it is normal to have intense reactions to serious and dangerous events.**

RELAX BODY AND MIND

- **Talk about your emotions to those you know who can listen to them without judgment.**
- **Choose positive and calm people who are supportive for you.**
- **Do stretching exercises, hot showers or deep breaths.**
- **Learn some "grounding" exercises or walk outdoors.**
- **Take care of nutrition and sleep.**
- **Do not over-expose: Follow the news once a day and NOT before bed.**
- **Distract yourself: look for moments to clear your mind, this will allow you to be lucid, strong and face your day.**

FIND YOUR SAFE PLACE

- **Choose a symbolic gesture to act and feel less helpless: a prayer, an offer, help a person, a resolution to manage conflicts with others people, etc.**
- **The sense of helplessness is a first natural response to serious events but to recover balance it is necessary to identify a place (opinion, thought, action, etc.) in which we feel safe.**

**LIFE HAS EVOLVED THANKS TO COLLABORATION AND
CARING FOR EACH OTHER AND WILL CONTINUE LIKE THIS
DESPITE THE PERSISTENCE OF DARK MOMENTS.**

**THIS CAN ALSO HAPPEN THANKS TO
YOUR ABILITY TO TAKE CARE OF YOURSELF
AND THE WELL-BEING OF THOSE AROUND YOU**