

MANAGING WAR-RELATED ANXIETY OVER RUSSIA'S INVASION OF UKRAINE

EMBRACE THE MUNDANE

List the anxious, unhelpful thoughts you're having about and replace them with everyday domestic ones

SEE PEOPLE YOU LOVE

Focus on your loving relationships rather than the disasters playing out and rolling through your mind. Plan things with the people you care about.

SPEND TIME IN NATURE

Do things that make you feel good. Go for a walk in the park. Try to immerse yourself in something pleasant.

BREATH PROPERLY

Any slow breathing technique has a massive impact in terms of slowing the heart rate down, calming the body and the mind.



DON'T RATIONALISE YOUR WORRY

Respond to your feeling of anxiety and try and manage it as best you can in the here and now.

LIMIT NEWS EXPOSURE

Try and monitor the level of images and stories that you're viewing. Avoid going down rabbit holes and remind yourself about the here and now.

MAINTAIN SLEEP ROUTINES

Try to go to bed and wake up at a regular time. Avoid too much caffeine and alcohol, which will affect your sleep.

EAT & STAY HYDRATED

Eat at regular intervals whether you have an appetite or not, and if you don't drink enough your body becomes distressed.