



# Maintaining your wellbeing during difficult world situations

When there is conflict abroad that casts doubt on how stable and safe we feel in our own lives or which perhaps stirs up worries about family and friends who may be caught up in the unrest or more general empathy about what fellow human beings are experiencing, it can affect our mood considerably and make us feel anxious, stressed, fearful, and unsafe.

This sheet provides some resources to help you and your family keep mentally healthy at this difficult time. If you have an ongoing struggle with your mental health, this might seem especially difficult. However, all of the resources below can give you an insight into why you are feeling the way you do and provide tips and techniques that may help you feel more calm, more able to take action (where appropriate) and more in control of your life and your future.

## **Anxiety about the current situation**

- [First Psychology web page about anxiety](#)
- [Helping children with anxiety over war conflict/crises](#) (British Psychological Society (BPS) website)

## **Coping with things you can't control**

- [Coping with what you can't control](#) (PsychCentral blog post)
- [Accept, Commit & Act – a toolkit for maintaining wellbeing after lockdown](#) (First Psychology booklet)

## **Dealing with the death of a loved one**

- [Understanding grief](#) (First Psychology booklet)

## **Mindfulness**

- [Your guide to mindfulness](#) (First Psychology booklet)

## **Trauma**

- [Coping after trauma – your guide to PTSD](#) (First Psychology booklet)
- [Unprecedented study of conflict situation finds one symptom that is especially indicative of PTSD](#) (Article from BPS Digest)

## **Self compassion**

- [Understanding and learning how to be self-compassionate – a workbook and guide](#) (First Psychology booklet)

## **Understanding and managing feelings of stress**

- [The stress factor – your guide to stress](#) (First Psychology booklet)
- [First Psychology web page about stress](#)

## **Worry**

- [Ukraine conflict: how to help yourself, your kids and others](#) (article on BBC website)