

## Advice on how to manage worries about the war in Ukraine

The situation in Ukraine is getting worse by the hour. And we can become psychologically affected by the helplessness many people feel because of the Russian invasion of Ukraine. Together with our partner, AS3 Stress og trivsel, we have gathered some good advice on how you can manage the worries you and your children may have.

It is important to keep in mind that the war affects people in different ways – and what works for you, may not work for others.



### Good advice and things to consider

No 1

#### Limit your news flow

Try to sense whether following the news about the war in Ukraine makes you feel stressed and worried. If you feel a need to keep up-to-date with the situation, then limit your news flow, for example to once daily. Keep in mind that the war is a major topic on various social media, so you may want to limit your use of them as well. If you do not get any mental breaks from the war, you may become anxious, and this could affect your concentration and sleep.

No 2

#### Use your energy on the things you have the power to affect

Not knowing what the future holds can be frightening when there is a war in Europe. If you feel frightened and anxious about the war, it may help if you try to be present in the now and accept that you cannot affect the current situation. The things that you can do nothing to influence are out of your hands. Use your energy in areas where you can make a difference, for example by giving donations, and spend your time with your close ones.

No 3

#### Take care of yourself

Be aware of your own resources and limitations. Whether you are directly or indirectly affected by the war, it requires mental resources. You may feel more tired than usual, which is quite natural. If you feel worried, anxious or frightened, reach out to your friends or your colleagues. Even though you may feel tired, it is a good idea to prioritise the social activities in the workplace and in private settings that you usually enjoy.



### Advice on how to talk to your children about the war

No 1

#### Help your children express their feelings

If your children seem worried or outright scared, ask them what they are worried about and listen with curiosity to what is being said. Acknowledge your children's feelings and experiences, for example by saying that you understand the situation is frightening and praising your children for expressing their feelings.

No 2

#### Avoid grown-up talk about the war when children are present

Anxiety is transferred from parent to child, so if you are worried and anxious about the war, you should discuss this with other adults when no children are around. Apart from hearing what you are saying, children can easily decode the mood of the conversation.

No 3

#### Shield children from 'breaking news'

Consider whether your children are exposed to news and social media to such a degree that it leads to anxiety and worries. If that is the case, restrict the news flow as far as possible and talk to your children about what they have seen or heard.