

Psychological advice regarding military attacks in Ukraine FOR PARENTS

The news about the war in Ukraine influence us on our emotional level. We might experience fear, helplessness, strong anger, hatred, sadness or feel threatened and hopeless. These emotions can shift, change and cumulate in us. A common sign of these is a sense of losing security and resources, which affects our decisions and therefore also those around us.

In such situations we recommend:

1

Breathe in slowly through your nose, letting the air in deeply, towards your lower belly. Your chest should stay still. Take a look at your surroundings.

2

Bring your attention to what you see, hear, feel and name aloud at least 5 things (for instance: I can see window, I feel the back support on chair, I can hear noises in the hallway and so on).

3

Now focus on your regular breathing.

4

Say what your certainties are, to remind yourself that you´re not alone in this. For instance: I have someone to talk to, I know where to seek help, I will go for a walk with my dog as usual, e.t.c.

5

Place this guide somewhere you can easily see it. Perhaps add photos or cards that represent safe place, your resources, or contact details of people you can ask for help to avoid feeling alone.