

# How to take care of your mental health during the war in Ukraine

Information for Vinted All



In situations like war, it's important that you take time to care for yourself. A way you can do this is, to begin with looking after your mental health by acknowledging your emotions and setting some boundaries.

Here are some suggestions that you can do to relieve your stress and refocus on what you can control.

## Self care tips

📌 Things that you are able to control:

- It's ok to stay informed. Yet if possible, please limit audiovisual content and choose only trusted news outlets. Be kind to yourself by setting specific times to check the news
- Reduce multitasking. You can write down your to-do list for the day to help manage your day, and do one thing at a time
- Silence unnecessary notifications while going through your tasks.

🧘 Here are some suggestions of activities you can do to alleviate stress and stay focused on the present moment:

- Pay attention to your basic needs. Make sure you are eating healthy and regular meals
- Take time to recharge and rest (get enough sleep, reducing caffeine may help)
- Try to keep up with your regular routines as much as possible
- Practice relaxation and focus exercises (you can download an app that provides instructions for deep breathing, visualisation, or mindfulness)
- Doing some physical activity can help you release tension.

## When to ask for help?

We recommend that you reach out for help if you are experiencing:

- Struggling to do your daily activities
- Your sleeping patterns or eating habits have changed
- You have experienced strong reactions for several days, or,
- You have anxiety that cannot be controlled

Please do not hesitate to look for specialised help. You can get personalised sessions with therapists in [Mindletic](#).

💬 You can also channel your emotions and thoughts by:

- Be yourself and express how you feel. You can find your way to do this, one example is to keep a journal and write down your feelings
- Identify and challenge your unhelpful thoughts
- Reach out to a friend or relative whom you trust. Set a time to talk about how you feel, you may get ways to cope or different perspectives.
- If you feel you are unable to function or keep up with your daily life, you can reach out for professional help in [Mindletic](#).