

# COPING WITH THE UKRAINE CRISIS

Looking after you...

The situation in Ukraine is creating a lot of feelings including anxiety, fear & uncertainty.

It comes after two years of navigating the pandemic, which has already impacted on our wellbeing.

Here are some tips to help you cope...

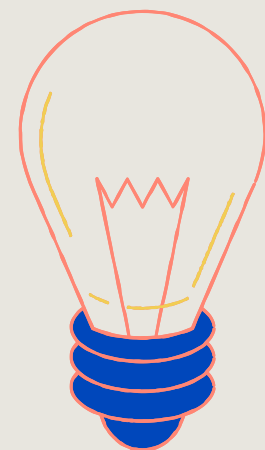


# 1. FOCUS ON YOUR NEEDS

There is a lot to process and it may feel overwhelming at times.

It is ok to focus on your needs right now. There may be feelings of guilt associated with this.

Check out Dr Tara's video on Managing Emotional Wellbeing in the Nido Wellbeing Hub for ways to recognise overwhelm.

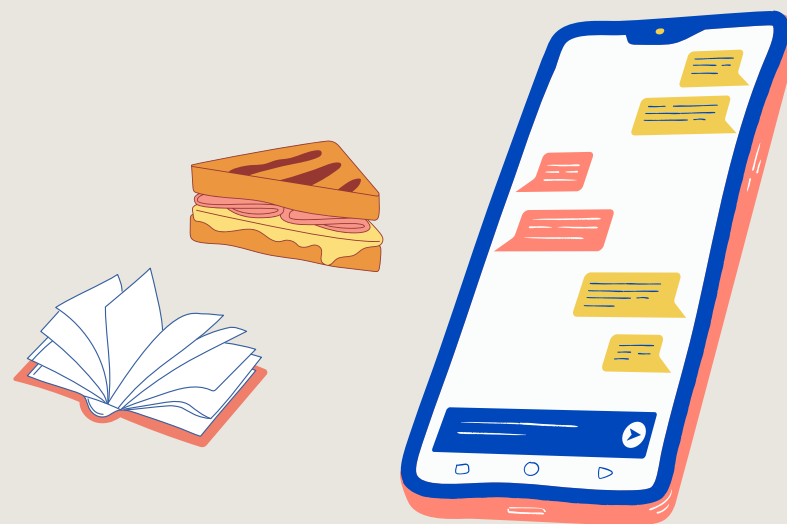




## 2. TAKE BREAKS

Set limits on watching & reading the news, as well as using social media.

Have "breaks" in talking about the war e.g at mealtimes.

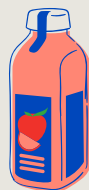


### 3. ROUTINE

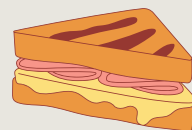
Establish your usual routine as much as is possible right now & make time to engage in valued activities.

Remember that self care "baseline":  
nourishing food, hydrate well, move your body, exercise, spend time outdoors.

Check out the Nido Wellbeing Hub for some ideas on practicing self care.



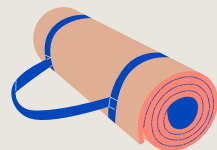
**HYDRATION**



**NOURISHMENT**



**SLEEP**



**EXERCISE**



**BOUNDARIES**



**ME TIME**

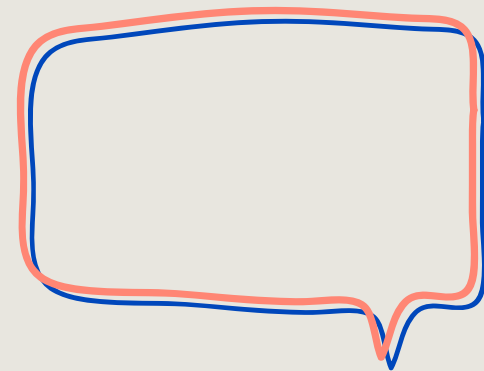


## 4. TALK TO OTHERS

Talking to others about how you feel can really help.

Hearing the feelings of others can create compassion & reduce fear.

Don't feel you have to "problem solve", just listening is enough.



## 5. REACH OUT

If you need to talk to someone about how the situation is impacting you, please reach out.

Your Nido welcome book contains information on who you can talk to.

Please talk to your tutor if your studies are being affected.



NIDO x Dr Tara Quinn-Cirillo