

# Ways you can care for someone in distress or who are experiencing severe anxiety during the war in Ukraine



To ensure Vinted is a strong caring community we need to create a safe space to recognise and accept each other's differences so we know how we can support each other.

If you see someone who is experiencing strong emotions and struggling to get back to usual daily activities due to the effects of the war, here are some simple things you can do to support them:

---

If you notice **someone is experiencing strong emotions or bodily reactions, please don't leave the person alone** as they need support. Ask them how they are or how their beloved ones are doing. If you think you can't do that (and that's more than ok), please suggest that they speak to someone who would be able to help. This could be someone you know or their PBP.

---

**Listen without judgement.** Validate and normalise the feelings they are experiencing. It's not about solving or teaching, it's about being together.

---

Recognise that sometimes there are **no quick solutions to fix problems**. This may be the hardest thing to do as naturally we want to be able to solve and fix problems. War can have a huge impact on our daily life which can result in complex problems. The best (and the hardest) thing you can do is listen, validate their feelings and ask how you can show the support they need.

---

**Help them find resources.** Even if there are no quick fixes, it does not mean the person won't benefit from the resources.

---

**Make sure you take care of yourself too.** Being a person who is constantly caring for someone else can have a negative impact on you. Make sure you have your own support that you need and if you feel you are starting to be affected by the thoughts and emotions of the people you are trying to help, please remember that it is their situation, which is different to yours. If you need to withdraw from supporting someone, please know that that's ok, you can ask someone else to take over.

And remember – the biggest impact you can have on someone is not by saying something profound, it's by **being together and showing support**. It's the simple things like offering to make a drink for the person if you are together. If you can't physically be together, invite someone for a virtual tea or coffee and a chat. Or if you can, invite them to have a meal or go for a walk, remind them to drink water, or keep them warm with a blanket. These small acts of kindness will nourish and comfort the people who are struggling. You may not be able to solve their problems but you can make a huge positive impact on their mental and physical wellbeing.

# 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 Mindletric.

💬 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 Mindletric.