



Worrying about Russia and Ukraine?

There has been a lot of news about Russia invading Ukraine, and how other countries might respond. It's natural to be worried or upset when you see things in the news. If you're struggling with what you're seeing in the news, there are things that you can do to help:

- **Talk to someone you trust**



Share how you're feeling with an adult you trust, and ask questions about what's happening.

- **Get the facts**



You might hear people talking about what might happen next in Ukraine or the rest of the world. But lots of that isn't based on anything. When viewing information online, it's useful to check if the source is reliable, check who published the article and what the author's credentials are.

Check the facts of what's happening with sites you can trust like <https://www.bbc.co.uk/newsround>

- **Protect yourself**



Protect yourself from offensive content online. Many social media platforms allow you to block or report disturbing imagery or offensive comments.

- **Understand the geography**



Sometimes it's hard to understand how close other countries are to us. It might be helpful to look at Ukraine and Russia on a map to help you understand how far away they are.

- **Stick to your normal routines**



It can be easy to get lost in the 24 hour news cycle so try to keep routines that are meaningful to you e.g. making time for socialising with friends, getting some fresh air.



- **Try to focus on the positives**

Focus on the positive things you hear in the news or in your personal life.

- **Take a break**



When the news is talking a lot about what's happening, it can be hard to get away from it. Try doing something that relaxes you for a while, or turning off notifications so you're not getting lots of reminders.

- **Do something positive**



Ask an adult what you can do to help other people, support a friend who's upset or share something positive online. Check if there is anything going on in your community that you can get involved in. Doing things to help other people can help you to cope and feel more in control.

Check out this website for 23 meaningful ways you can help Ukraine

<https://www.globalcitizen.org/en/content/ways-to-help-ukraine-conflict/>

