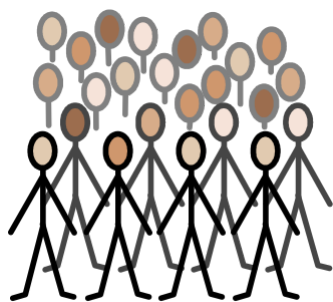
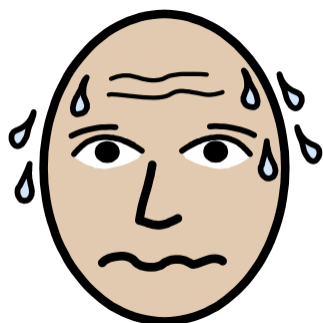


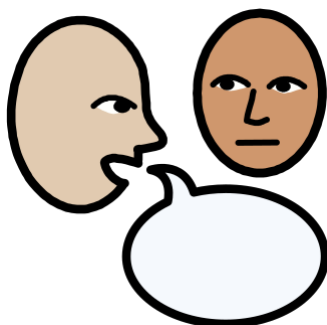
if worried about Russia and Ukraine part 1



lots of people are worried about Russia and Ukraine



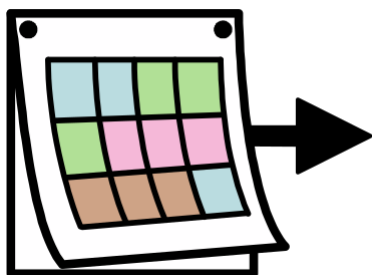
You might be worried too, this is ok and is very normal



talk to a friend or family member about how you are feeling

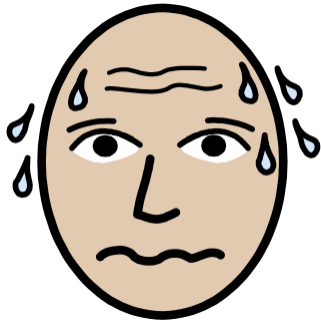


try to focus on what is happening right now



Instead of what might happen in the future

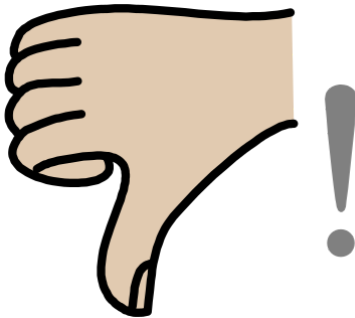
if worried about Russia and Ukraine part 2



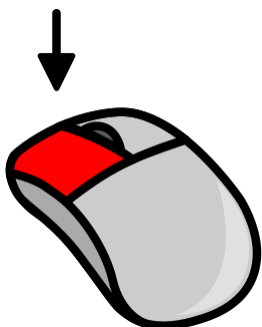
try to notice anything that makes you feel more worried



this could be social media or the news for example.



The news can sometimes make things sound worse than it actually is

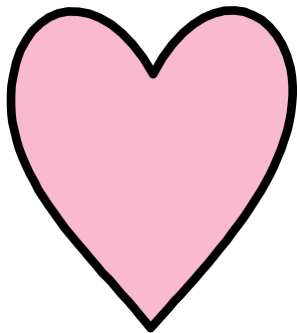


this is because most people will be more likely to click and read the news with a scary title rather than a boring fact

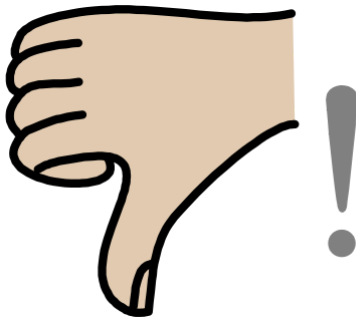


which is what makes them more money

if worried about Russia and Ukraine part 3



most social media posts want you to like, comment and share



so like the news will also make things sound worse then it is



also anyone can post anything they want on social media so some things may not always be true

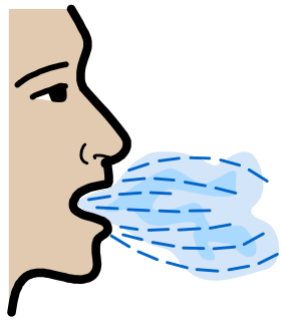


its sometimes good to keep up to date with the news

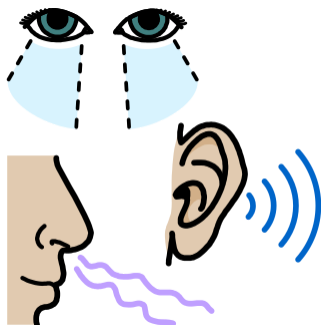


but if its worrying you, you can turn it off for as long as you need to

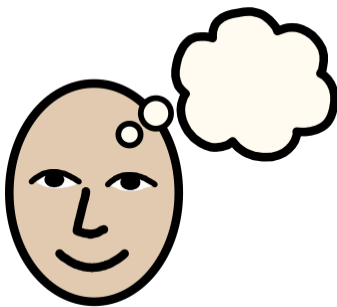
if worried about Russia and Ukraine part 4



if you are really worried try taking a few deep breaths



or focus on your 5 senses, like what can you see? hear? smell? taste? or touch?



try doing something else to help you think about more happy things instead



such as listening to podcast, doing a hobby, listen to music or do some yoga

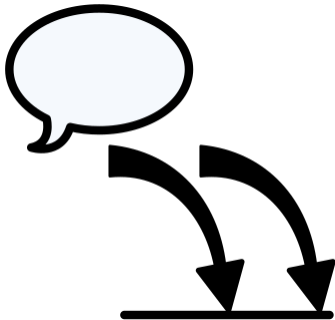


if you have bad thoughts
Try saying some affirmations to yourself

if worried about Russia and Ukraine part 5



affirmations are sentences that you say to yourself to help you feel better. It could be "I am brave" or "i am happy" etc



after saying an affirmation over and over again you should believe what you are saying and feel better

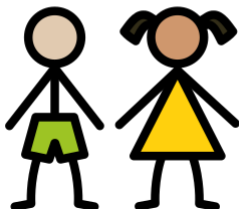


if you are very worried you could also also speak to your GP or the Samaritans



If you want to call samaritans their phone number is 116 123

<18



If you are under 18 years old you can call childline on 0800 1111