

With care for yourself

Methods of psychological recovery in war and post-war times

Briefly about the most important for workers

The war has forced people to feel more awakened, more attentive to each other and to the events around. At the same time, the war is a test of our psychological resilience. All resources of the psyche focus on helping us cope with the sudden pain.

Mental health is a psychological state in which a person can realize his/her potential, overcome life stresses, work productively and contribute to his/her community. Care for mental health is as much important as care for the physical condition, being a particular focus for working women and men during a war period and in post-war time.

► Pay attention!

Your psychological state is the most important focus!

Think how your balanced state and good mood influence your productivity at work. And how your troubles, feelings and fear for something or someone can “drive you off the rails” and prevent working effectively. It is important to notice signs of stress in time to avert occurrence of risks such as mental disorders, depression, addiction, suicide, interpersonal conflicts, decline of motivation and productivity, injuries at work, etc.

► Assess!

Listen to your thoughts, emotions and body! How are you?

- How do your thoughts influence your mood?
- How do you perceive yourself?
- How do you communicate with your relatives, friends and colleagues?
- How do you work and tackle everyday problems?



Assess your
psychological state
using the [test](#):



► Take action!

What do you do to stay resourceful?

- I realize what can happen to human psyche during war and what can be impacted to support myself.
- I am able to use the psychological technique of “grounding” and conscious breathing when I am “gripped” by a feeling of fear, panic or anxiety.
- I understand what the “information diet” in war is, and I know how to adhere to it.
- I afford pleasant emotions, maintain positive relationships, undertake a useful routine activity, have a hobby, and do physical exercises.
- Caring for other people, I realize what I can do best to feel my usefulness and be efficient.
- I know what signals of my psyche and body can indicate considerable stress.
- If I can't cope with stress, I don't feel ashamed and approach an expert in time for I realize that psychological counselling is a safe and confidential talk about my fears, anxiety and psychological recovery.

