

Less can be more when following world conflict

The current conflict between Russia and Ukraine can bring about strong emotions and reactions for many of us.

Similar to what many have experienced during surges of COVID-19, it is also very common for us to experience waves of emotions during uncertain times around issues or conflicts, even if they don't directly affect us. Some of these symptoms may include uncertainty, anxiety, difficulty concentrating, emotional outbursts and agitation.

While we are unique in our responses to conflict, we are similar in respect to finding it difficult to resist watching news of traumatic events. We need to understand the negative effects that this type of news exposure can have.

If the recent world conflict is significantly affecting your mood, outlook and/or your ability to cope with other stressors in your life, you may want to take the following proactive steps to limit the negative effects:

- Do not watch or listen to the news before bed.
- Read newspapers or magazines rather than watching television.
- Make a conscious decision to turn the news off at a certain time or be conscious of limiting the time you spend absorbing news.
- If you're hearing the same story or the same information over and over, consider turning the news off for a while.
- Engage in activities that help distract you from the conflict and focus on other areas of life.