



## **Support for families during current world events**

Many people may, at this time, be disturbed by the crisis of human suffering and loss of life and liberty for civilians who are caught in this escalating conflict. Ms Raffray, School Counsellor, has adapted the below to help families deal with the troubling news that may be seen. Much of this comes from CNN 's Chief Medical Correspondent, Dr. Sanjay Gupta's recent podcast "Chasing Life", and his guest, Dr Gail Saltz.

### ***Put your family on a media diet***

"I'm not saying, 'Hey, crawl under a rock and have no idea what's going on.' I'm not advocating for that, but I am advocating for perhaps not scrolling through on the social media where there's no trigger warning. ... it's just a constant diet of really upsetting images." Saltz recommends limiting your sources to one or two trusted media outlets, as well as limiting the time you spend on news to 30 minutes a day. "And not having that 30 minutes be anywhere close to bedtime, because it inevitably stirs people up, and they cannot sleep. And the lack of sleep makes them more anxious the next day, so it becomes a vicious cycle."

### ***Don't keep children in the dark***

Saltz said it's also very important to explain to your kids in an age-appropriate way what is happening.

"Talk to your children and tell them what they're asking, because what they're imagining could be even worse, even scarier if you're not being smart," she said. "You don't have to be graphic, but being reasonably honest with them can be important because our fantasy life can be pretty horrendous, too."

Saltz said it's important for parents to start the conversation. "Because you want to be the trusted source, and you want them to be able to talk to you about it. And you do that by basically saying, 'What have you heard? What do you know? What do you feel about what you've heard and what you know?' And let them tell you, then let them ask you questions."

### ***Tune into your (and your kids') feelings***

"Everybody gets anxious sometimes. And when things are difficult and stressful, like they are now, they get more anxious, and that is normal," she explained. But when you are so anxious that you're unable to concentrate ... your work performance suffers, you can't read a book because you can't get through the book, you can't go to sleep at night because you're sitting up worrying, your appetite is affected. ... When the level of anxiety affects your functioning in one or more important arenas of your life — work, school, relationships — then that has risen to the level of a something that needs treatment, something that needs attention."

### ***Build up your stress-busting toolkit***

Recognise when you, or your child, is stressed. Go for walk, try five minutes of deep breathing, try some mindfulness activities.

## **Our World of Opportunity**

***Tap into the goodness of life***

It may sound obvious, but participate in activities that are enjoyable.

***Understand that you are not alone***

Connect with family, friends or like-minded people in the community, or if you feel that you need additional help, reach out to a mental health professional.

For any more support, please do contact the College as normal so that we can support you and your family.

**Our World of Opportunity**