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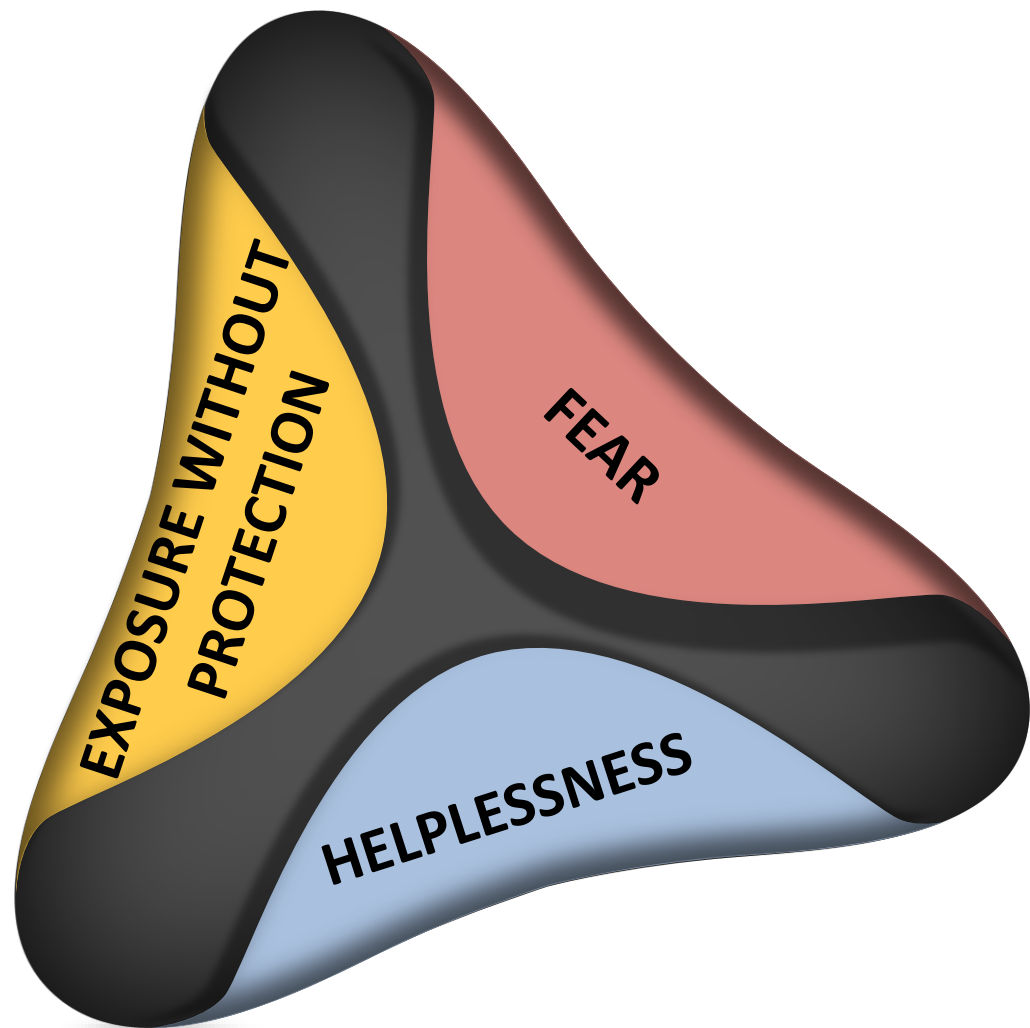
At peace with ourselves during troubled times

*Diana Lucia Vasile, PhD,
psychologist, trauma psychoterapist,
ISTT President*

What to expect

A war close to your country can make you feel:

- unsafe
- afraid
- unable to act in a protective manner
- being under threat
- worries about the loved one
- worries for the future
- Sorrow
- emotional pain



What can make it easier for you

- Keep control in your life!
- Keep in touch with loved ones
- Limit information and exposure to mass media
- Keep a broader perspective
- Have faith in the progress of good
- Show empathy for people, for those who are suffering, for those affected by the war.



How to be in control

- Maintain the usual rhythm of life;
- Engage in enjoyable activities;
- Follow your projects and dreams;
- Take care of your health!
- Sleep, breathe properly, exercise, enjoy the nature;
- Continue profesional activities;
- Plan activities and moments of recreation!
- If you need to make an action plan in case of war, make a clear and short one then continue your daily life as usual!

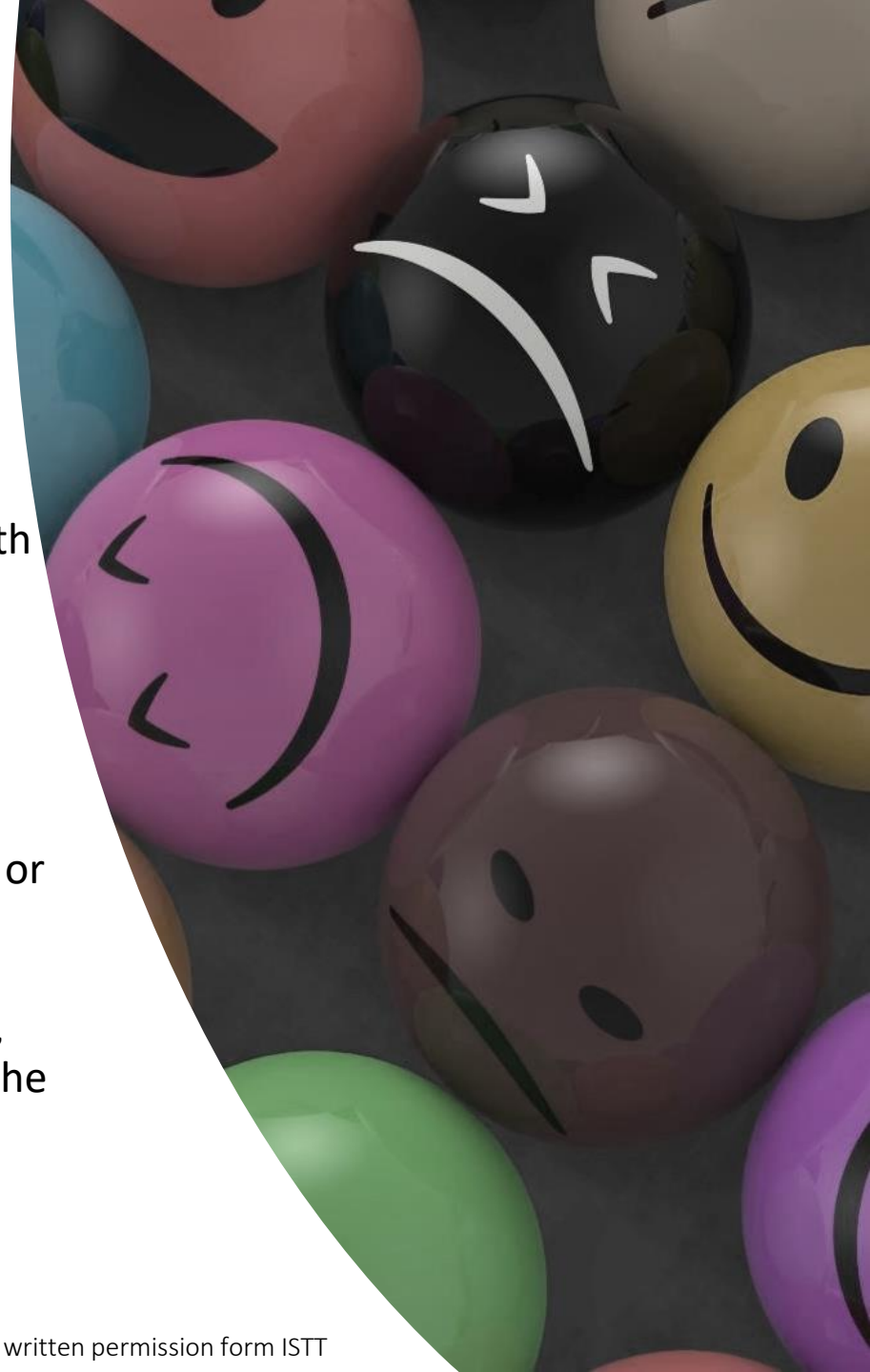
YOU CAN ONLY CONTROL YOURSELF.

WHAT YOU CAN DO FOR OTHERS IS TO CONTRIBUTE TO THEIR GOOD.



Emotional management

- Identify and express your emotions, alone or with those with whom you can safely do this;
- Remember that it is normal to feel stressed!
- Adequately inform yourself about what is happening to you;
- This situation can act as a trigger for similar emotional memories from dangerous situations or events;
- Differentiate emotional memories from the current situation. We have peace in our country, we are not in danger *at this moment*. Focus on the PRESENT!
- We can't precisely predict the future so keep a wider and more optimistic perspective.



Thoughts management

- Identify and manage positive thoughts and language;
- Identify, manage and limit negative thoughts;
- Identify and generate constructive behaviors and messages;
- Identify your aggressive behaviors, understand them, and stop them;
- Adopt good daily and weekly routines;
- Build attractive, ongoing plans for the future (like a road).



Reduce your aggressivity

- Restrict access to negative and frightening information;
- Inform yourself only from credible sources, constantly, but not frequently;
- Notice when you become tense, scared, angry;
- Keep your mental tension within manageable limits and reduce the chance of conflict!
- Immediately give up conflicts with those around you!
- Generate states of calm, peace, collaboration and a constructive attitude!



How to keep in touch with your loved ones

- Discusses tense topics in a limited way, but enough in order to calm down;
- Discuss everyday situations, future plans, trivial topics, natural details of living together;
- Share emotions, feelings, thoughts, ideas;
- Keep making plans for your family life;
- Call those you are not in direct contact with and discuss how they feel;
- Spend time with children, they need more physical contact, presence, dialogue on topics proposed by them - generate faith, optimism, faith in you as a couple and family;
- Encourage games / actions / discussions in order to express emotions.

How to be helpful

- Help the people around you; through conversations, through dialogue about specific and current needs; offer adequate information;
- Help people with what you are able to give - now refugees are in need of specific help;
- Don't worry if you can't help now! There will be more opportunities and any kind of support is always useful!
- Help yourself with everything you need: health, work, recreational activities, pleasant activities;
- Ask for help with whatever you need: from your loved ones, friends, colleagues, neighbours, strangers, specialists, EVERYONE!



Stay well informed and give adequate information!

- About the reality in our country;
- About what is happening in Ukraine;
- About the history of this conflict;
- About the possibilities of peace;
- About what you need in order to maintain a state of well-being and faith for you and your loved ones!



What can protect us

- **From within:** constructive thinking, good health, good functioning, adequate information, balanced, care opportunities
- **From the outside:** family members, friends, strangers, the state as the country, most states of the world who want to stop the war and resume our peaceful life
- **Resilience:** the constant process of navigating through the adversities of life, by using internal and external resources and obtaining a new state of homeostasis after adversity.

Resilience is something we all have, it is important to be aware of it, to stimulate it, for us and for others!





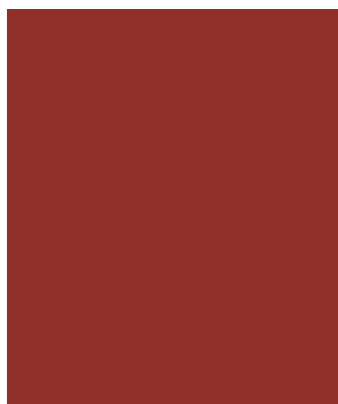
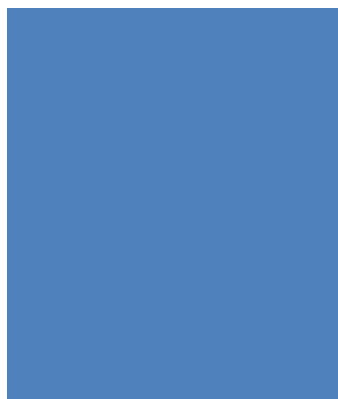
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Focus, pay attention to your personal strength, human abilities to resist and recover after adversity.

History has shown human strength to go through moments of crisis!

CONCLUSION

Our psyche functions at an adequate level based on information, energy and good relationships



- ✓ Stay in touch with the reality around you!
- ✓ Stay well informed and give verified information!
- ✓ Make sure you have good energy and that you stay empathetic;
- ✓ Keep in touch with your loved ones;
- ✓ Keep healthy, constructive and collaborative relations with others!



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Have faith!

**Take care of others,
*while taking care of
yourself!* 😊**

