



Coping in Global Crises: Protecting Your Mental Health While Supporting Loved Ones

Staying Strong During Challenging Times

In today's world, many of us have loved ones scattered across the globe. Connecting with them regularly can be difficult at the best of times, however, during moments of global crises, whether due to natural disasters, political unrest, or even personal emergencies, it becomes even harder. Being away at school while worrying about family and friends in crisis zones is incredibly overwhelming.

We get it. And we're here for you.

As your Student Support Program, we understand how emotionally draining this can be and the real impact it has on your mental health and well-being. In this flyer, you'll find practical guidance and evidence-based tips to help you navigate these difficult times while maintaining your own mental health and academic success.

Remember: **taking care of yourself isn't selfish, it's essential.**

You're not alone in this. We're here to support you every step of the way.

Stay Informed But Limit Media Exposure



Set specific times to check for updates, this will avoid the increased anxiety that comes with excessive consumption of negative information. Use

reliable and trusted news sources to avoid misinformation.

Maintain Connection with Family



It is natural to feel helpless, but staying connected is more important than ever for your peace of mind and their well-being. Define times for regular

check ins in order to ensure your connections are successful.

Focus on What You Can Control



In a crisis, there are many things out of your control. Focus on actions you can take, such as maintaining communication, providing

emotional support or even providing financial or material support.

Learning on Your Community



Connect with others who may be going through similar situations. Share coping strategies and emotional support.

Engage in Positive Activities



Attempt to maintain your usual routines to ground yourself. Avoid overexerting yourself or over distracting as a bid to flee your emotions.

Prioritize Self Care



Allow yourself to feel anxious, worried or sad. Acknowledge these feelings without passing judgement as suppressing them can lead to more stress. Maintain healthy habits such as eating well & exercising.

When to Seek Professional Help

It's important to recognize when your feelings of fear or anxiety are becoming overwhelming and are interfering with your daily life. If you find yourself feeling unusually irritable, unable to focus, or if your anxiety is affecting your ability to function as a student or in your personal life, it might be helpful to talk to a counselor or mental health professional.

Most colleges offer counseling services, and many universities have support groups or resources available to help students through tough times. If you're unsure where to start, reach out to a campus mental health center or your academic advisor, they can help connect you to resources.

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