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- Ukrainian workshop for the Youth
Exchange project named "Balance" -

01



Victoria Ivleva.
Izium,
September
2022.



PROMOTING MENTAL HEALTH & BUILDING RESILIENCE: lessons from Ukraine on protecting mental health

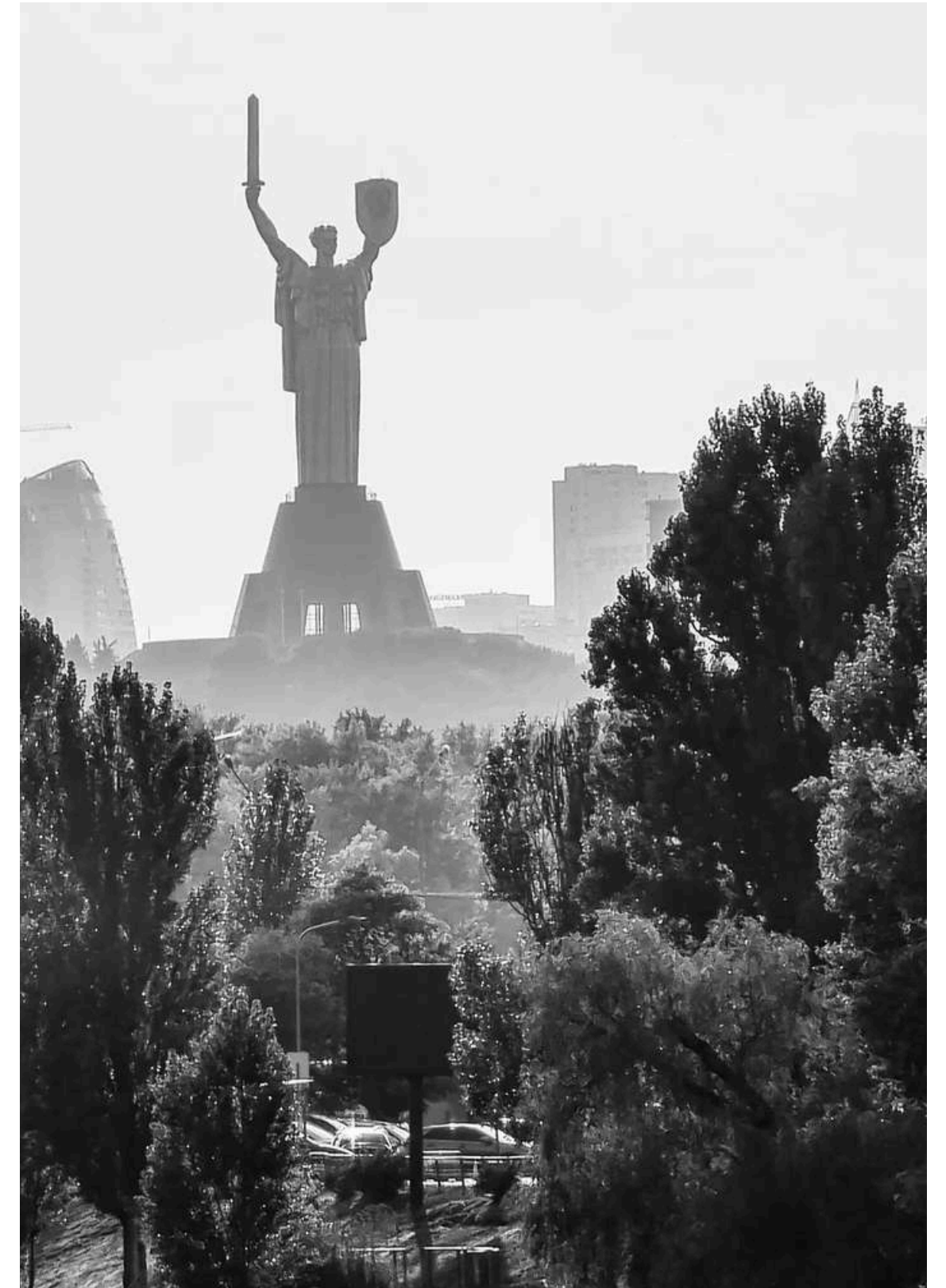
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WORKSHOP'S AGENDA:

- **DEVELOPING A PROFOUND UNDERSTANDING OF THE SIGNIFICANCE OF *COLLECTIVE RESPONSIBILITY***
- **AND THE ROLE OF *THE INFORMAL SOCIAL SECTOR* IN PSYCHOSOCIAL SUPPORT.**
- ***HELPING OTHERS BY HELPING YOURSELF.***
- **OBSERVING *THE COMPLEX PERSONAL STRATEGIES* FOR PROTECTING MENTAL WELLBEING**
- **AND THEREBY ACHIEVING A DEEPER UNDERSTANDING OF *THE UKRAINIAN NATIONAL EXPERIENCE.***



Artem Hvozdkov / Getty



01

RAISING AWARENESS:
highlighting the role of the Ukrainian NGOs; community organisations as a symbol of unity



02

HELPING YOURSELF:
featuring self-care techniques for increasing the level of stress resistance



03

CULTIVATING EMPATHY:
building coping strategies together for dealing with traumatic events; facilitating conversations to promote *belonging*.



THE BATTLE FOR MENTAL WELL-BEING: SCALING-UP MENTAL HEALTH AND PSYCHOSOCIAL SERVICES

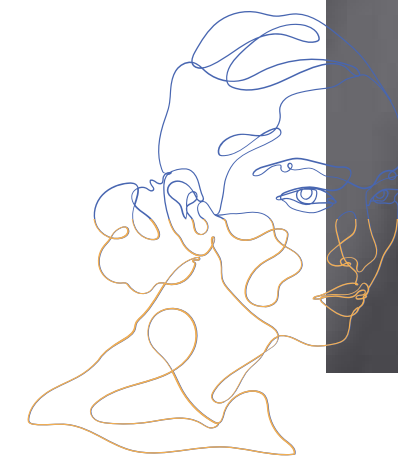


As we step into 2024, we would like to reflect on the past year with a profound sense of admiration for the **resilience and empathy demonstrated by the Ukrainian communities** in the face of ongoing war. This period has been **a testament to the human spirit's capacity to rebuild and heal, even amidst the most daunting challenges.**

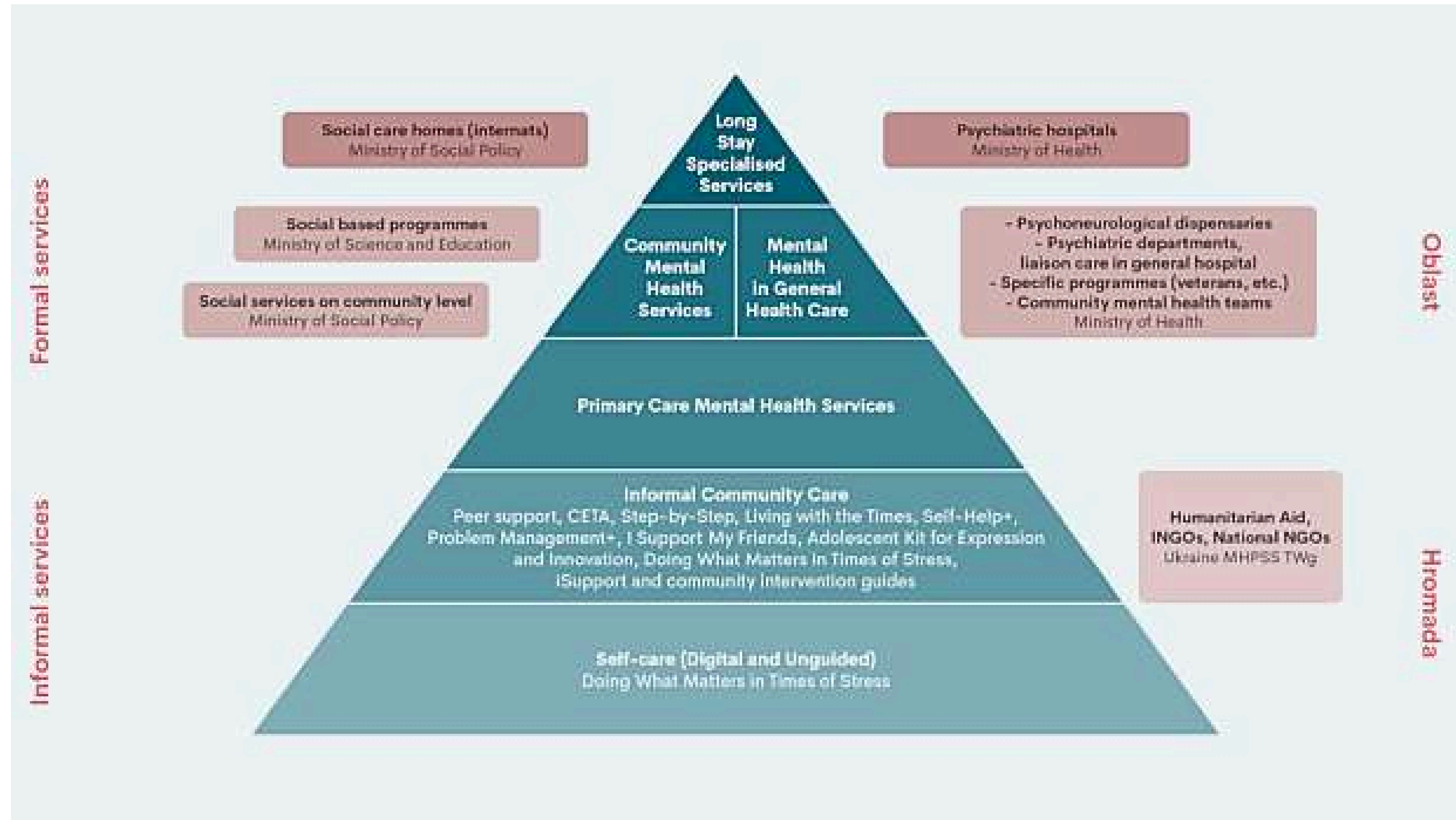


In more than two years of full-scale war, **activities of local NGOs** became **an integral part of collective healing** and helping those who have experienced the hardships of war, including **children, adolescents, and adults**

*From February 24 to June 30, 2022, **4,365 civil society organizations** were registered in Ukraine. This information was received by the Centre for Democracy and Rule of Law (CEDEM) of the Ministry of Justice of Ukraine. Among those registered are **3,364 charitable organizations and 1,001 NGOs.***



NETWORK MODEL OF MENTAL HEALTH SERVICES IN UKRAINE DURING WAR



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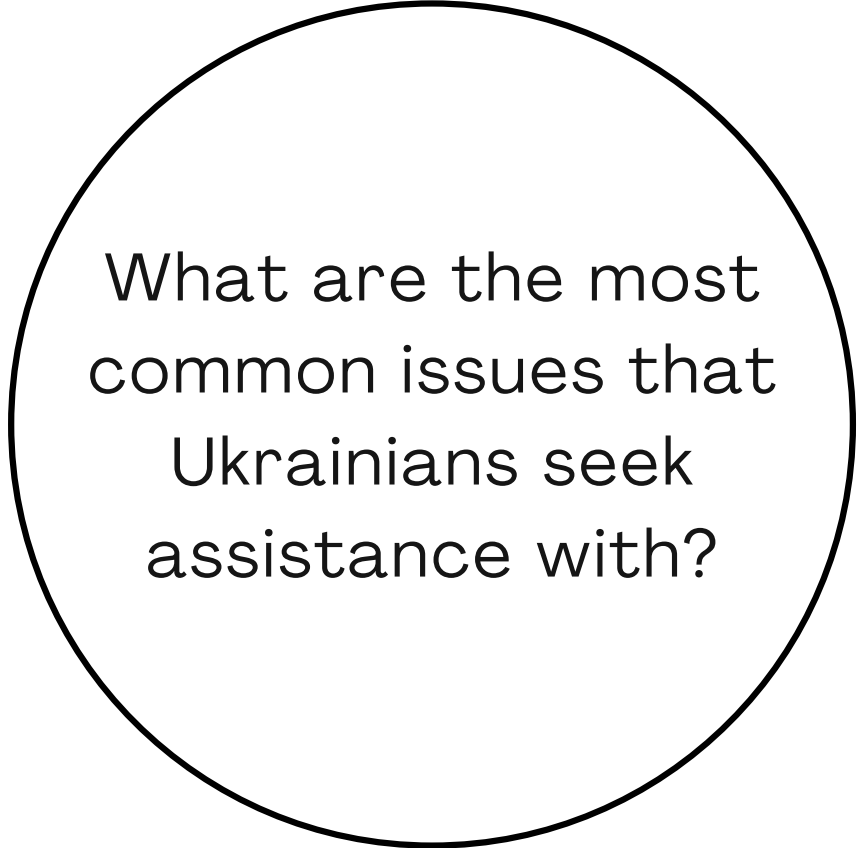
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TALKING POINT

Have you ever received emotional support from a nonprofit?

Have you ever contributed to such nonprofits?



What are the most common issues that Ukrainians seek assistance with?

overcoming difficult emotions and memories

helping children cope with stress and anxiety

reducing anxiety and stress

copied with a constant sense of threat

identifying and alleviating symptoms of depression

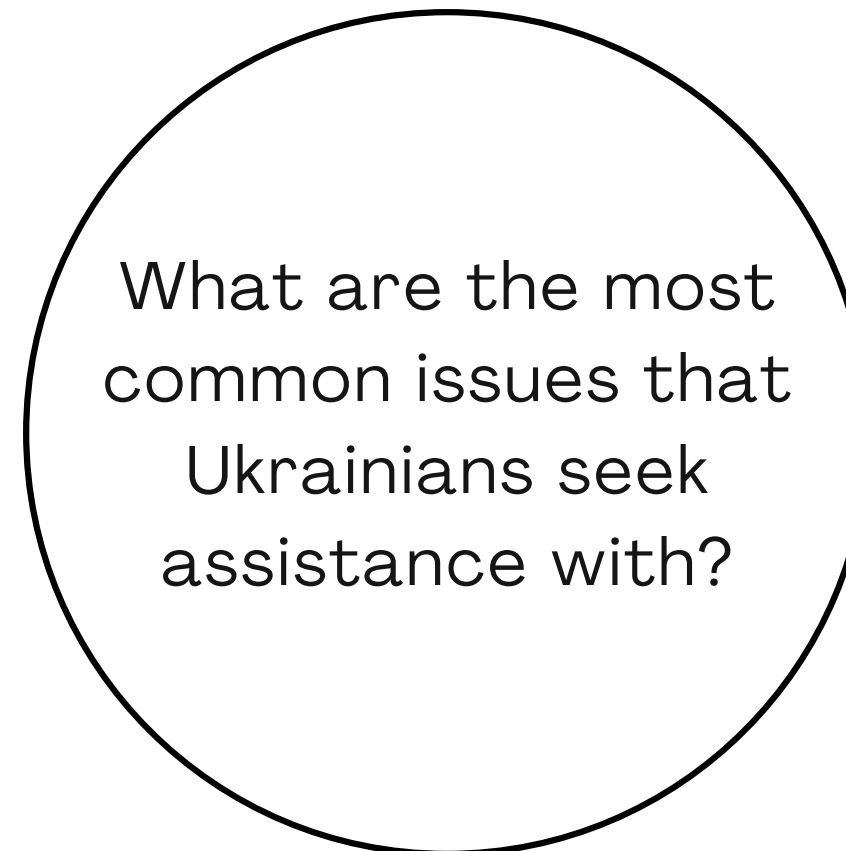
adapting to new living conditions during the war

managing anxiety and uncertainty about the future

dealing with family separation and loss of loved ones

overcoming fear and panic during military events

supporting family during military operations



building a new rhythm of life and finding stability

SIGNS OF STRESS

LOOK AT THE PICTURES AND MARK WHICH ONES YOU NOTICE THE SIGNS OF STRESS IN YOURSELF



difficulty sleeping



feel sadness or guilt



unable to concentrate



irritable



can't sit still



often think about bad things



crying



severe fatigue



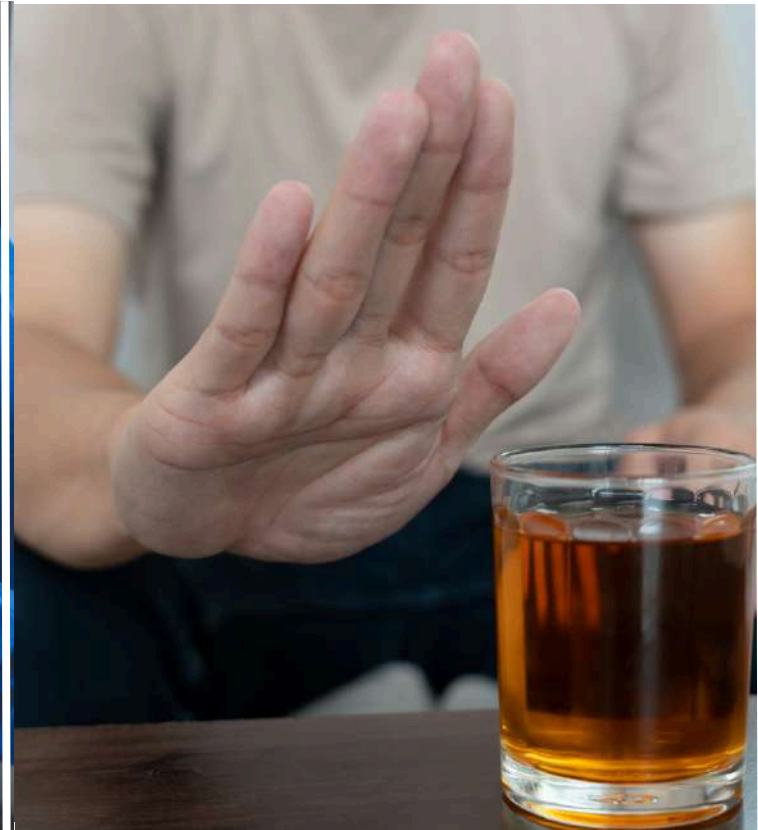
appetite disturbance



anxiety

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Here are some self-care tips:



Gratitude practice

Name three people and three things that you are grateful about. Write them down in your notebook.

Avoid or reduce the use of alcohol, drugs, caffeine and nicotine

Everyday routine

sleep, food, exercise, daily routine

Social activity

- Relaxation activities (singing, observing nature, fishing)
- Physical activity (walking, cycling or dancing)
- Creative activity (drawing needlework or literary work)
- Talking to a friend or family member
- Make a list of all the things you are grateful for

New skills - new routine

- "Your own daily schedule" method
- "Circle of control" method
- Relaxation technique (slowly breathing)
- Grounding techniques
- Mindfulness exercises

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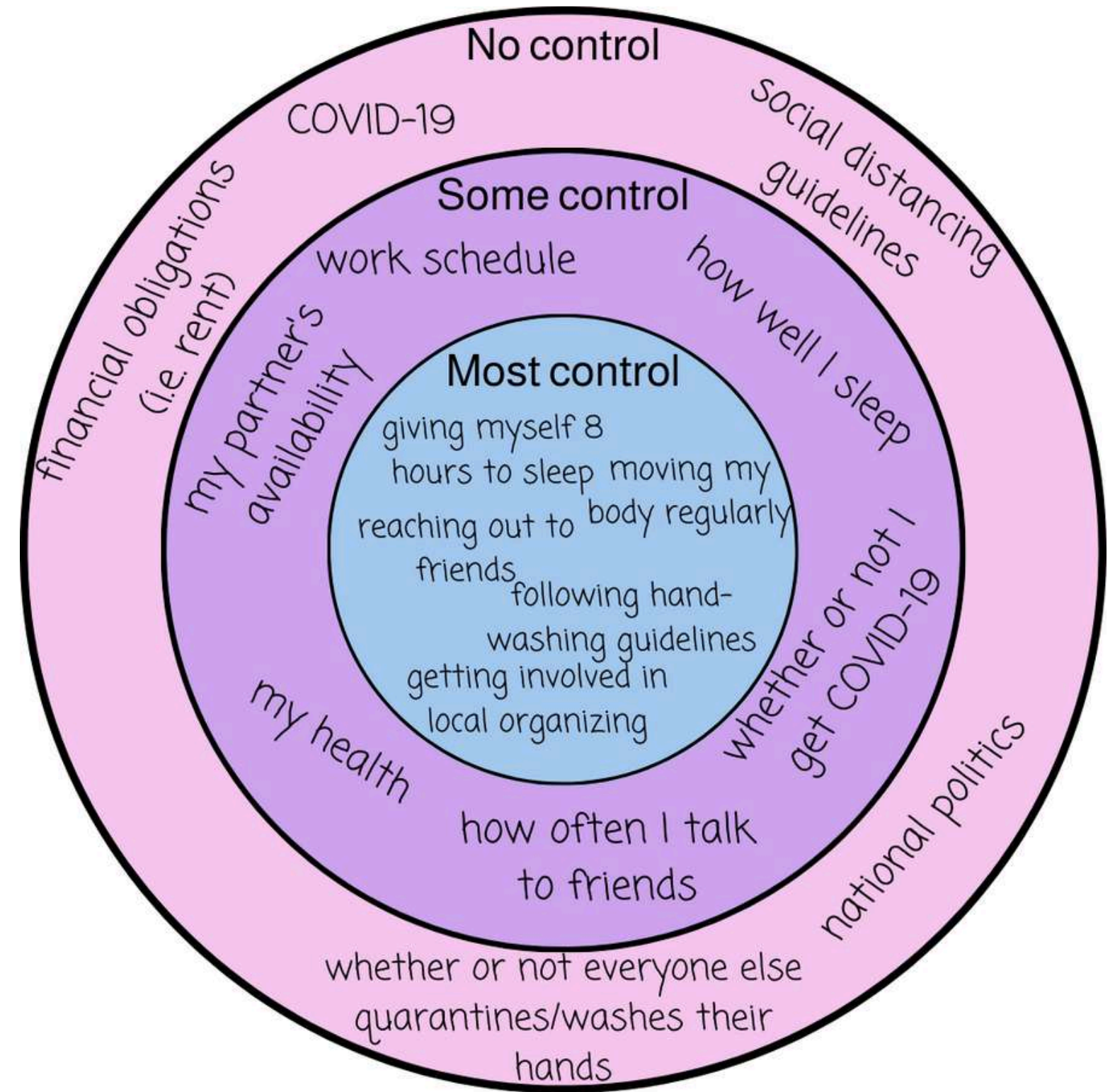
Circle of Control Exercise

During difficult times, it can help to take big stressors and break them down into what you can control and what you can't.

Think about what's stressing you out. In the outer ring, write the things that you have zero (or very little) control over.

In the middle ring, write the things that you can influence, but not entirely control.

In the inner ring, write the things that you can mostly or entirely control



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Exercise on supporting others



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Comfortable communication with a person under a great stress

1. Be calm yourself!
2. Acknowledge the signs and your concern
3. Listen actively to everything that needs to be said
 - But do not force a person to speak
4. Use body language to convey interest
5. Think of small acts to make a person feel more comfortable



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- **IOM UKRAINE MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT ACTIVITIES OVERVIEW**
- **STEPS FOR HELP WITH PTSD SUFFERERS**
- **THE WELL-BEING GUIDE - UKRAINIAN**
- **WELLBEING FOR UKRAINE**

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Grounding technique



Sit down, take a comfortable position, relax.
Slowly press your feet to the floor.



Touch the knee, feel how it feels to the touch, what temperature and texture it has.



Slowly squeeze your palms together or pull them out.



Now you can move as you want, talk.