

Coping with Worry and Fear Times of Conflict and Uncertainty

A Brief Guide for Young People

Bad news, scary events and tragedy have been a recurrent theme over the past few years and it can feel to some like there is danger, threat or bad things ever present. This may be because your or your family or close friends have experienced difficult times personally or perhaps because it can feel very scary to constantly be hearing about worrying things happening in the world.



It is not unusual to be thinking about “*what if... what if this happens? what if that happens?*” **However, there are steps you can take to cope with the worry and take care of yourself.**



Social Media/News/Technology

With all the benefits of technology come some challenges, including managing our own wellbeing and mental health in the face of 24/7 media and information.



Switch off

Consider how you want to engage with current events/news/media/social media. The constant “alerts” on our phone can increase the sense of relentless bad news and increase worry. Consider disabling notifications, unfollowing some channels or deleting apps



Balance

“Bad news will always exist in the world but that does not mean you are obligated to hear it, see it or read about it.”

Even in the worst of times, there are still positive things happening in the world. Look out for these or even better search them out, this will provide a more balanced perspective than all the scary news which can dominate mainstream media.



Filters, Language, and Clicks

It is important to remember, just like on social media, not everything you see and hear is factual or accurate. Certain words will amplify stories and “clicks” will also increase viewing, but this does not make a story or image more (or less true) automatically. Get your information from reputable sources



Emotions

Feeling scared, worried and sad, these are normal reactions to difficult situations. These feelings aren't very pleasant but it's okay to feel them and to talk about them- your parents and teachers can help you cope with difficult and uncertain times. Talk to people whom you trust.

Short video: [Advice if you're upset by the news - CBBC Newsround](#) (short video)



Engage in activities that are meaningful to you

When times are difficult it is still important to take part in **activities** which you enjoy and are meaningful to you. Exercise, going for a walk listening to music, spending time with people who are important to you.

Volunteer, Donate, get Involved- there are lots of opportunities to help out and make a difference if that is something you are interested in



Taking action

Talking positive steps can bring hope and is a way for young people to have a sense of agency and effectively problem solve.

Raise money to help related charities:

s e.g. United Help Ukraine www.unitedhelpukraine.org, the

British Redcross Emergency Appeal www.redcross.org.uk

Write to your MP; www.parliament.uk for info

If you are worried or having a difficult time reach out and let someone know- your parent/carer, your teacher, a trusted adult at school or in the community or even your GP.