

Creating Hope, Faith,
and Resilience when
the World Turns
Upside
Down

***Rescue strategies and solutions for
difficult and out of control times.***

**by Ava Parnass
October 2023**

INTRO

During times of crisis and deep loss, it's essential to acknowledge the psychological impact and the emotional toll it can take.

Hearing about the massacre and tragic events trigger a range of hard emotions, including shock, anger, fear, and deep sadness. These feelings are definitely normal reactions to trauma, and it's crucial we give ourselves permission to experience them without judgment.

Traumatic events like this can also lead to anxiety, a sense of powerlessness, and even guilt for those who may feel removed from the situation.

Remember that all our feelings are valid and part of being a caring human. It's okay to grieve for the loss of innocent lives and the suffering of others, even if we are physically distant from the affected area

In times like these, self-care becomes especially important. Try to establish routines, maintain a balanced diet, engage in physical activity, and ensure you're getting enough rest. Reach out to friends or counselors if you need someone to talk to, as expressing your emotions can be incredibly therapeutic.

Additionally, consider limiting exposure to distressing news and focusing on actions that promote understanding, tolerance, and peace.



Remember that grieving tremendous loss and healing is a process, and it's different for everyone. There's no right or wrong way to cope with such catastrophic events. Be patient with yourself and others. If you find that your distress persists, don't hesitate to seek professional support.

The psychological impact of witnessing or hearing about traumatic events can be profound, but with time, support, and self-compassion, it's possible to work through these emotions and find hope for a brighter future.

Learn to become a Behavior Detective and have empathy, not irritation for what you and your friends are going through.

A Behavior Detective understands what feelings a behavior is expressing. They learn to translate the pain anxiety and or depression into feelings words, actions and new skills.



Talking to friends, family, clergy and seeking therapy can be of great help to support us through difficult times and to learn new coping skills.



YOUR EMOTIONAL ROADMAP

So, if you are feeling overwhelmed by world events, personal issues, or other issues within your life- let this guide be a roadmap to learning strategies to negotiate through these “tricky” times.

Let us begin with defining common emotions and strategies...



EMOTIONAL ROAD MAP WORDS



Prayer
CHARITY

HOPE

EMPATHY

**SELF
CARE**

PERSISTENCE

FAITH



BE KIND

APPRECIATION

COURAGE

JOURNALING

RESILIENCE



NATURE

GRATITUDE

LISTENING

SPIRITUALITY

מילים למפה רגשית

תְּחוּשָׁה

תְּפִלָּה
צְדָקָה

תְּקוּהָה

עֲמִיצוֹת

טִיפּוּחַ עֲצָמִי

אֲמוּנָה

הַעֲרָכָה

הִיָּה טוֹב

אוֹמֵץ

כְּתִיבַת יוֹמֵן

עֲמִיצוֹת

טֹבֵעַ

הַאֲזָנָה

רוֹחֲנִיּוֹת

כֶּרֶת טוֹב



HELP

SUPPORT

SERVICE

ASSISTANCE

GUIDANCE

ADVICE



Introspection: Feel To Heal!

Solutions:

***Empathy, Gratitude, Appreciation,
Accountability, Courage***

Self-Care=

***(Deep Breathing, Meditation, TIPP,
Grounding, Walking In Nature,
Journaling, Listening, Talking,)***

***Persistence, Spirituality,
Faith***

= Hope and Resilience

Below are some new techniques to try that can also help.

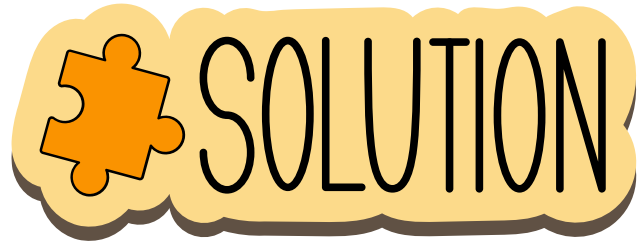
ANXIETY

Friend: I've been feeling really anxious about the ongoing conflicts in the world.

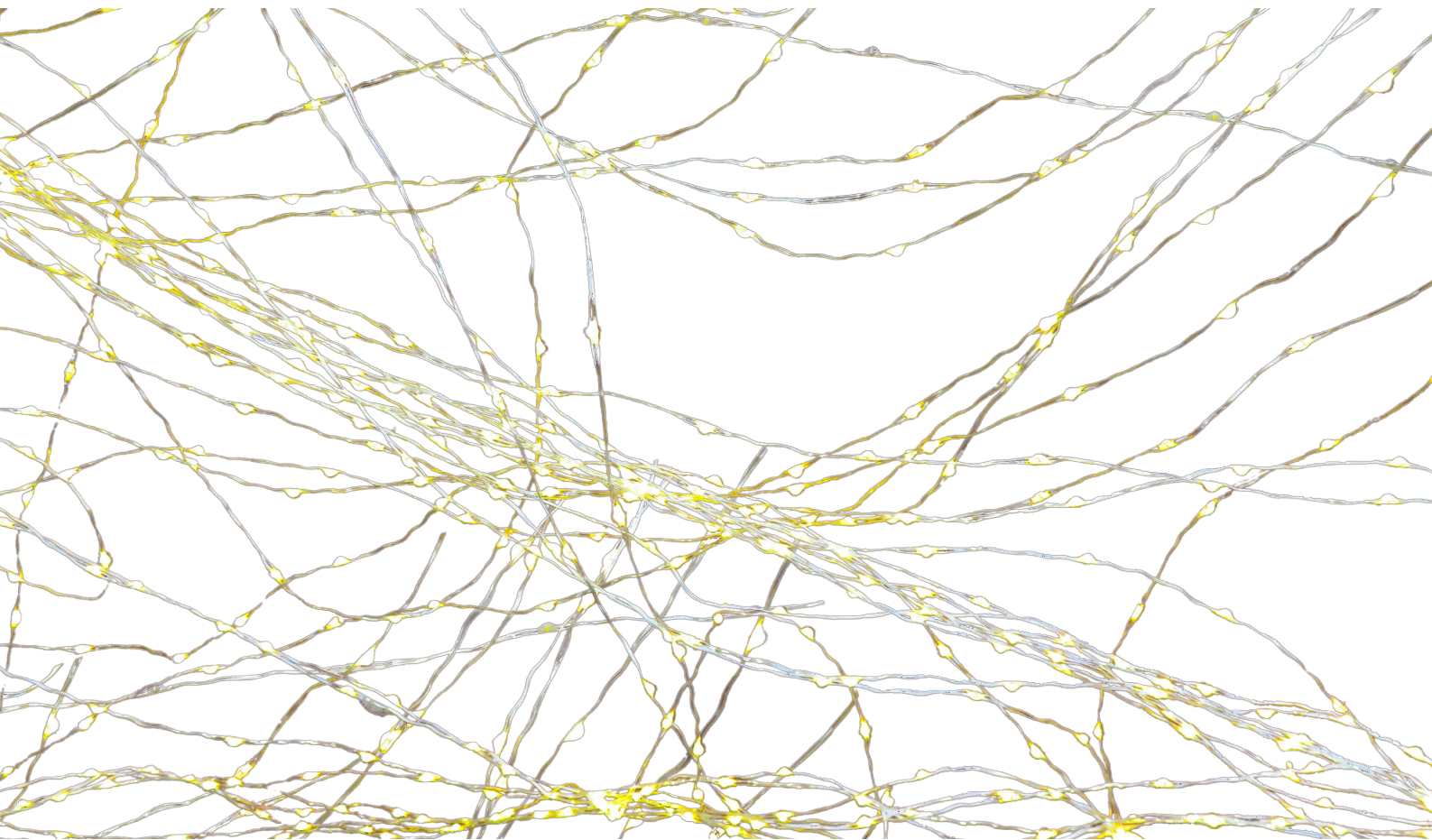
Friend: The current state of the world is causing a lot of anxiety. How can we cope with these feelings?

Friend: is it completely normal to feel anxious about such situations?

Friend: I've been trying to stay informed, but it's overwhelming.



Our body and mind are sending messages in a language we don't understand so we will use these techniques to decode translate tame them.



Coping with Anxiety:

Try mindfulness meditation to manage anxiety to help you find moments of peace amidst the chaos.

Consider limiting exposure to distressing news.

Practice self-compassion and acknowledge that it's okay to feel anxious.

Reach out to a trusted friend or family member to share your feelings of anxiety for emotional support.

Try the TIPP Technique
Try the Grounding Technique

Immediate Rescue Techniques

TIPP technique for emotional regulation.
Dialogue: "I'm feeling overwhelmed by this anxiety. Regulating my emotions before understanding the anxiety's emotional source is important."

Action: Hold an ice cube, do 10 jumping jacks, take 5 deep breaths, and perform Progressive Muscle Relaxation.

The TIPP TECHNIQUE

"

The anxiety is strong, but I'll also manage it by grounding myself in the present and find emotional balance.

Grounding Technique

" I'm struggling with my emotions.
My emotions are overwhelming.

5 4 3 2 1

5-4-3-2-1 technique to bring myself
back and shift the focus away from
distressing thoughts and feelings
into the present moment.

STEPS

Naming five things you can see (a painting, a chair, a plant).

Identifying four things you can touch (the texture of a rug, the coolness of a glass).

Noting three things you can hear (the sound of footsteps, the hum of a fan)

Acknowledging two things you can smell (the aroma of a candle, the scent of flowers)

Recognizing, imagining, one thing you can taste (the taste of a mint)



Then Label the Anxiety

I can feel the anxiety but I need to figure out what emotions are connected.

Recognizing this anxiety is the first step; now I'll dive deeper into my emotions.

I can feel the anxiety but I know it is another hidden feeling.

I acknowledge the anxiety I'll use this as an opportunity to practice mindfulness.

"The anxiety is here, and that's okay. I'll treat it with compassion."

"Let me pause and observe this anxiety without judgment, instead, I'll investigate the emotions tied to it."

"I'll write down anxiety due to _____ and list potential emotions I might be experiencing."

"Let me see if any of these emotion words below resonate with what I'm feeling."

"I'm leaning toward 'sad' as the emotion behind this anxiety."

Inner Emotional Dialogue:

EMPOWER

"By giving a name to this anxiety, I'm empowering myself to explore the feelings it carries.

Read the feelings word list on the next two pages and choose one or two that resonate with you. Try on a few different feelings.

EMOTION WORD LIST

LIGHT FEELINGS

PROUD

HAPPY

EXCITED

SMART

BRAVE

WILD

GLAD

LOVED

ACCEPTANCE

FORGIVING

SECURED

SILLY

NURTURING

HOPEFUL

LUCKY

POWERFUL

COMFORTED

CREATIVE

ADMIRED

GRATEFUL

TALENTED

Kind

POSITIVE

JOYFUL

COMPETITIVE

OPTOMISTIC

RESILIENT

SEXUAL

PERSISTENT

PEACEFUL

RESPECTFUL

CONTENTED

EMPATHETIC

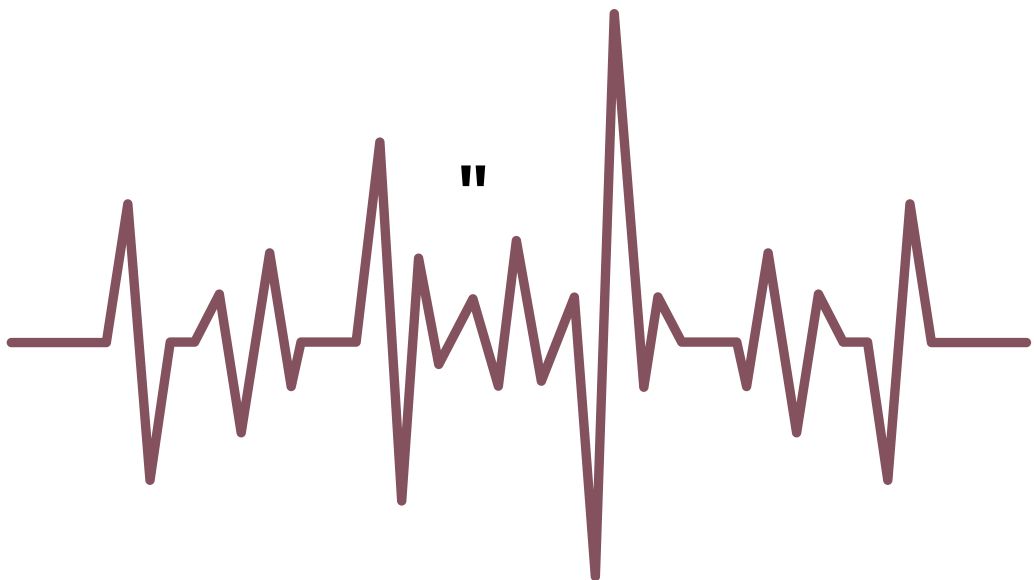
PASSIONATE

Darker Feelings

**Angry, Sad, Scared, Hurt, Lonely,
Confused, Frustrated, Embarrassed,
Concerned, Foolish, Ashamed,
Disappointed, Unsure, Jealous,
Humiliated, Envious, Rejected,
Isolated, Crying, Discouraged,
Despair, Hopeless, Powerless,
Inadequate, Ambivalent, Insecure,
Small, Feeling of Loss, Shocked,
Alienated, Separate, Pessimistic,
Stupid, Unlovable, Abandoned,
Bereft, Shy**

"My heart is racing; this physical response could indicate an emotion."

"Recognizing these physical cues helps me connect them to my emotional state."
"My heart rate increased when I thought about that email; there's definitely an emotional link." Check the Feelings list on the two previous pages and see what resonates.



"I notice tension in my jaw; this could be a physical cue related to emotions driving this anxiety."

This physical sensation in my chest might be linked to emotions tied to this anxiety."

"Browsing the list 'loneliness' resonates as an emotion linked to this anxiety."

"The feeling word list guides me to name the emotions I might be feeling, shedding light on this anxiety."

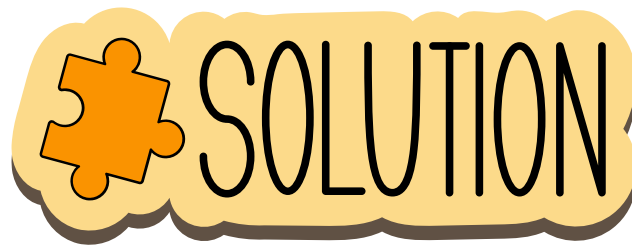
"Exploring the word list, I'll find the emotions that align with what's driving this anxiety."

HELPLESSNESS

Friend: I feel a sense of helplessness in the face of such global conflicts.

Friend: Our feelings are valid. Let's discuss ways to regain a sense of control in our life.





Coping with Helplessness:

Focus on things within your control.

Create a mantra or motto that emphasizes your strength and ability to make positive choices.

Engage in volunteer work that aligns with your values, allowing you to contribute in a way that feels emotionally fulfilling.

Create art, music, or written content that reflects your emotional connection to a cause and share it with others to inspire collective action.

Focus on things within our control, such as self-care routines and setting al goals, and explore ways to volunteer for causes we care about.



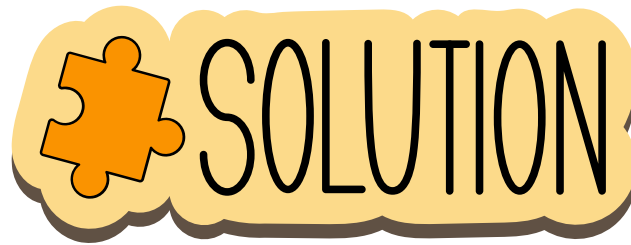


SURVIVOR'S GUILT

Friend: I can't stop thinking about
the impact of war .

Friend: "It's okay to feel that way,
Our empathy is commendable.
Lets explore ways to channel our
concerns into positive actions.

Friend: We feel so helpless so let's
try to find ways to help and
incorporate self care."



Dealing with Survivor's Guilt:

Write down your feelings of guilt to process them.

Practice self-compassion by reminding yourself that you didn't choose your circumstances.

Seek out online or local support groups for individuals experiencing similar feelings of guilt.

Consider volunteering for humanitarian organizations and donate to causes supporting war-affected regions.

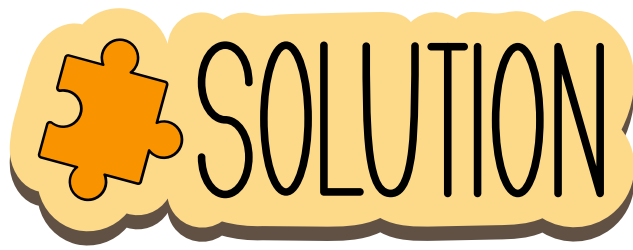


HARD TO CONCENTRATE

Friend: I'm finding it hard to concentrate on my studies with all the news about conflicts.

Friend: Difficulty concentrating during stressful times is normal.

Let's work on study strategies.



Overcoming Concentration Challenges:

Establish a structured study routine. Take breaks during your study sessions to practice relaxation techniques and release built-up tension.

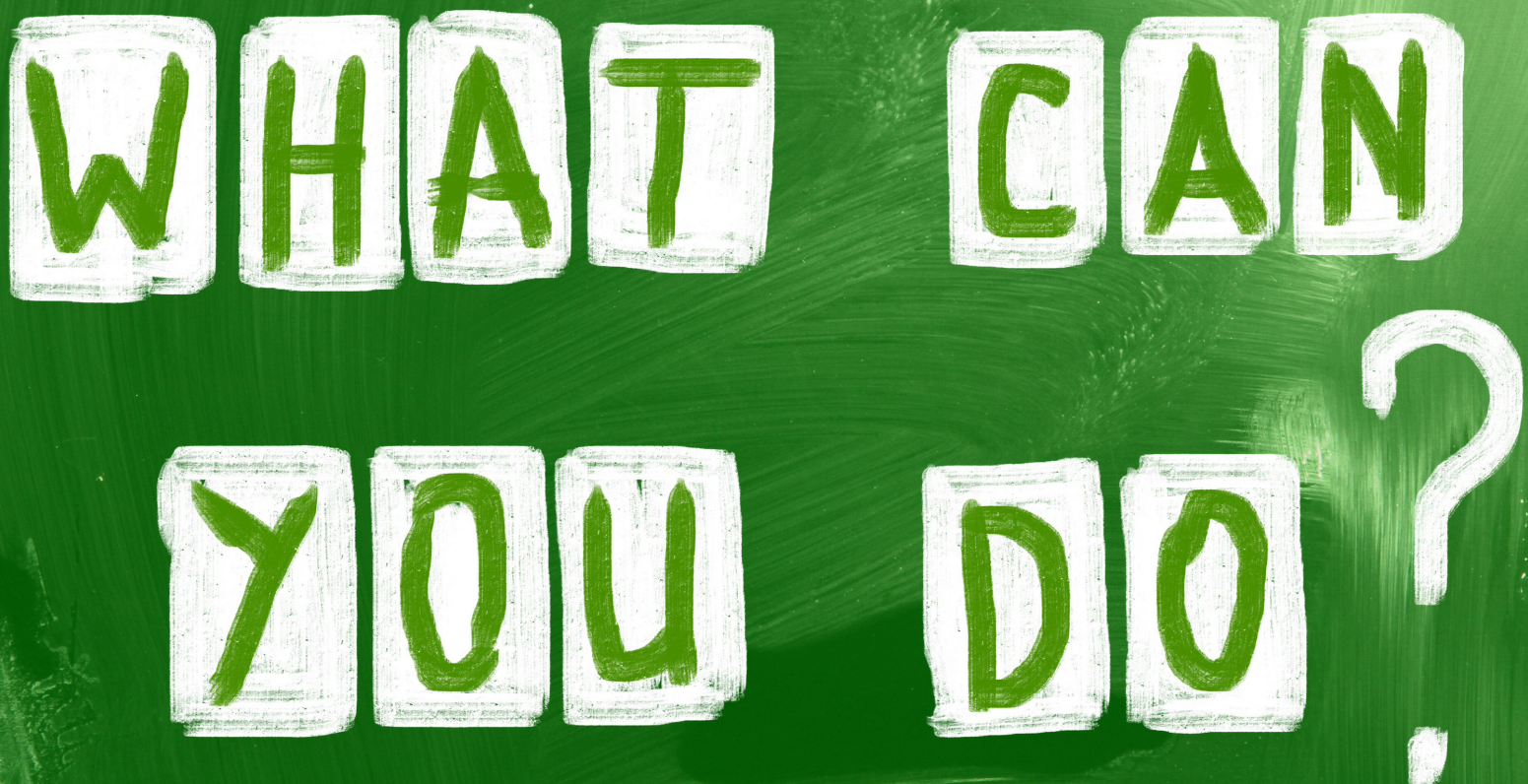
Reach out to your professors or academic advisors to discuss your concerns and seek academic accommodations if needed.

Engage in mindfulness practices to manage the distress that arises from news consumption.

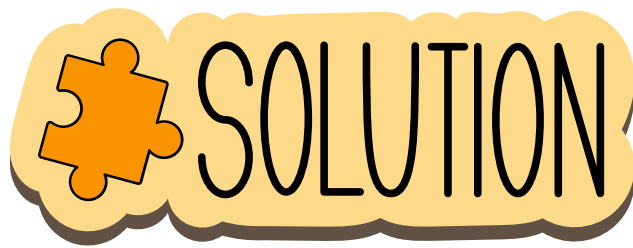
WANTING TO MAKE A DIFFERENCE

Friend: I want to make a difference and help in some way, but I don't know how.

Friend: Let's explore volunteer opportunities and ways we can contribute positively.



WHAT CAN
YOU DO?



Finding Ways to Make a Difference:

Research local volunteering opportunities and engage in fundraising for organizations working towards peace.

Reflect on all your skills and interests to find a volunteering role that resonates with you emotionally.

Create a gratitude journal to help you recognize the positive impact you're making through your contributions.

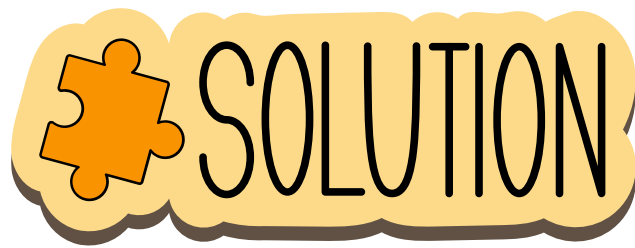
Seek out support from friends or support groups.



ANGER

Friend: Sometimes, I'm angry at the world for not doing more to prevent conflicts.

Friend: It's okay to be angry. Let's discuss ways to process and manage our anger.



Managing Anger and Fears

Develop a self-care toolkit with items or activities that help you manage your fear anxiety and anger.

Find a therapist experienced in dealing with these feelings.

Allow ourselves to express our anger and fear constructively, such as through talking, journaling or creative outlets like art or music.

Seek out support groups or online forums where you can discuss your fears and coping strategies with

others.

Practice anger management techniques such as deep breathing and physical exercise, and consider joining advocacy groups.

Allow yourself to express your anger constructively, such as through journaling or creative outlets like art or music.

Seek out support groups or online forums where you can discuss your anger and coping strategies with others.

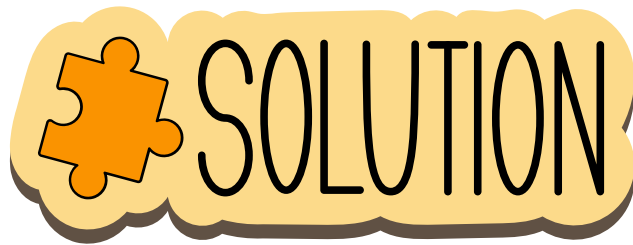
Practice active listening and empathetic responses when discussing these topics with friends to create a safe and supportive environment.

MAY YOU BE
BRAVE ENOUGH
TO CHOOSE
YOURSELF
EVEN WHEN
OTHERS DON'T

UNCERTAINTY

Friend: I feel overwhelmed by the uncertainty of the world right now.

Friend: Uncertainty can be distressing. Let's work on techniques to cope with it.



Coping with Uncertainty:

Focus on things within your control. Use daily affirmations to reinforce a sense of empowerment and control over your life.

Engage in activities that provide a feeling of accomplishment, such as setting and achieving small goals.

Encourage open dialogue and the sharing of emotional experiences with your friends to deepen your connections.

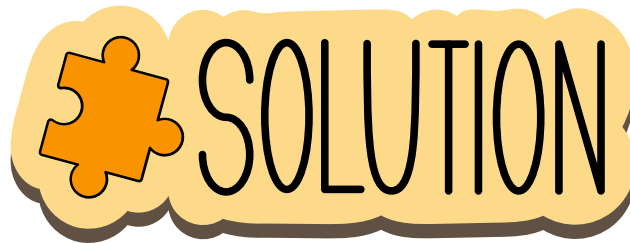
BREAKING

NEWS

Media Overload

Friend: I've been avoiding the news because it's too distressing.

Friend: It's important to strike a balance. We can discuss how to stay informed without overwhelming ourselves.



Managing News Consumption:

Set specific times to check the news and limit your exposure, and choose reliable sources for updates.

Create a designated safe space where you can retreat when you need a break from distressing news.

Engage in mindfulness practices to manage the distress that arises from news consumption.

Prioritize emotional self-care practices like meditation and mindfulness to help you process emotional distress.

Try journaling to express your feelings about uncertainty, and engage in activities that provide a sense of control.

**EDUCATE
YOURSELF
and
OTHERS
ABOUT
the**

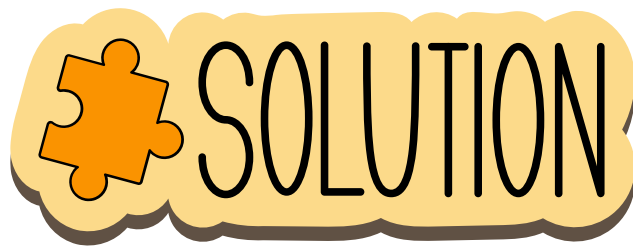
FACTS



Balancing News Consumption

Friend: I'm constantly checking for updates on conflict areas, and it's exhausting

Friend: Let's work on setting boundaries and finding a healthier balance in staying informed.



Balancing News Consumption:

Limit exposure to graphic content.
Prioritize emotional self-care practices like meditation and mindfulness to help you process emotional distress.

Create a "safe space" at home where you can go to unwind and reset when you've been exposed to distressing information.

Set specific time limits for news consumption, and consider engaging in self-care activities like exercise or hobbies to divert your focus.

Engage in mindfulness practices to manage the distress that arises from news consumption.

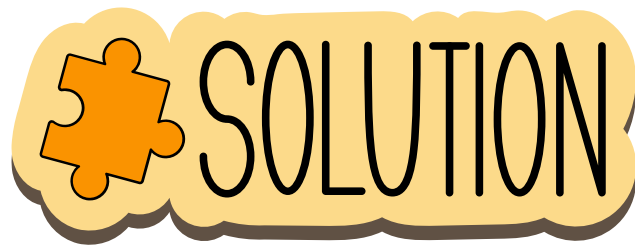
**FOCUS ON
THE THINGS
THAT YOU
CAN CONTROL**



NURTURING HOPE

Friend: I feel like I'm losing hope for a more peaceful world.

Friend: It's challenging, but maintaining hope is crucial. Let's explore ways to nurture hope.



NURTURING HOPE

Connect with organizations and individuals working towards peace and engage in activities that inspire hope, such as art or community events.

Explore the power of positive affirmations to reinforce your belief in a more peaceful world.

Create a vision board with images and words representing your vision of a peaceful world to remind yourself of your goals.

Cultivate a strong sense of self-compassion and self-acceptance to alleviate the isolation you feel in your concerns.

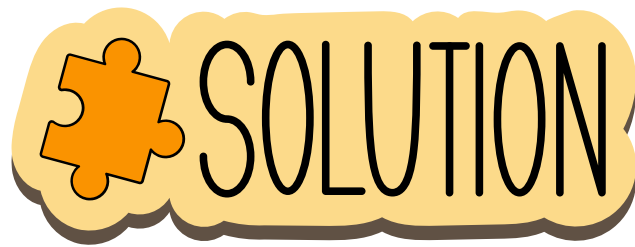




PANIC

Friend: I've started experiencing panic attacks when I hear loud noises.

Friend: It's a natural response to fear. We can work on managing our anxiety and panic attacks.



Dealing with Flashbacks:
Consider speaking with your
grandparents about their
experiences.

Practice grounding exercises to
anchor yourself in the present
moment and reduce the intensity
of flashbacks.

Reach out to mental health
professionals specializing in
trauma to support your
processing of these memories.
Develop a self-soothing routine
that helps you reconnect with
your body and emotions during
panic attacks.

Your Superpower Is You.

Your photo!

SUPERHERO

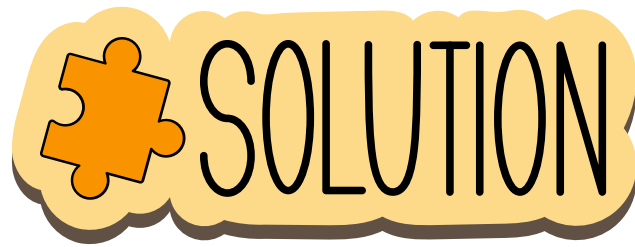
OPEN DIALOG with FRIENDS

Friend: I'm afraid of discussing these topics with other friends; I don't want to bring them down.

Friend: It's essential to have support. Together we can explore how to approach these conversations with different friends.

Friend: I feel isolated in my concerns about war; my friends don't seem to share them.

Friend: You're not alone. We can discuss ways to connect with like-minded individuals or support groups.



Navigating Conversations with Friends:

Choose the right time and place to have these conversations with friends and consider joining or creating a support group with like-minded individuals.

Practice active listening and empathetic responses when discussing these topics with friends to create a safe and supportive environment.

Encourage open dialogue and the sharing of emotional experiences with your friends to deepen your connections.

Use your emotional experiences and concerns to create artwork or poetry and journal as a form of self-expression and to connect with others.

Cultivate a strong sense of self-compassion and self-acceptance to alleviate the isolation you feel in your concerns.

Your Emotional Well-Being

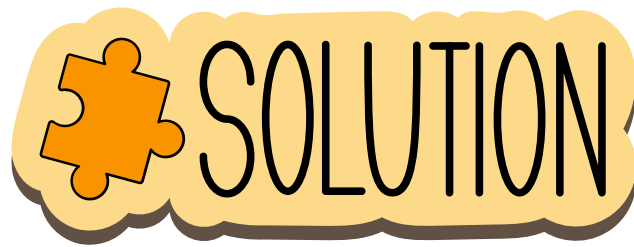
Friend: I'm scared about more friends being drafted or enlistment during conflict escalation.

Friend: Fear is understandable. We can talk about our fears.

Friend: I'm trying to stay informed about war, but it's affecting my mental well-being.

Friend: We can explore ways to process the information in a healthier manner without overwhelming ourselves.

Friend: Our desire for peace is commendable. Lets brainstorm ways we can contribute positively to the cause of peace and balancing mental health.



Balancing Emotional Well-Being:

Prioritize emotional self-care practices like meditation prayer and mindfulness.

Create a "safe space" at home where you can go to unwind and reset when you've been exposed to distressing information.

Create art, music, or written content that reflects your emotional connection to the cause of peace and share it with others to inspire collective action.

Limit exposure to graphic content and focus on well-researched articles, and consider engaging in advocacy work to make a positive impact in a more balanced way.

Explore the power of positive affirmations to reinforce your belief in a more peaceful world. Create a vision board with images and words representing your vision of a peaceful world to remind yourself of your goals.

Practice grounding exercises during panic attacks, and consider seeking therapy to address the root causes of our anxiety.

Practice grounding exercises to anchor yourself in the present moment and reduce the intensity of flashbacks.

Reach out to mental health professionals specializing in trauma to support your processing of these memories.

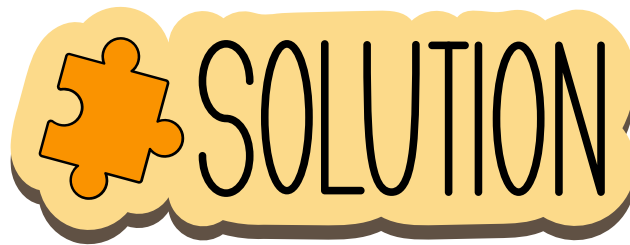
**TAKE SOME
TIME TODAY
TO CARE FOR
YOUR BODY**



NIGHTMARES

Friend: I've been having nightmares about war. It's affecting my sleep.

Friend: Nightmares are distressing I am having them too. Let's try some relaxation techniques to improve our sleep quality.



Managing Nightmares:

Try deep breathing exercises before bed.

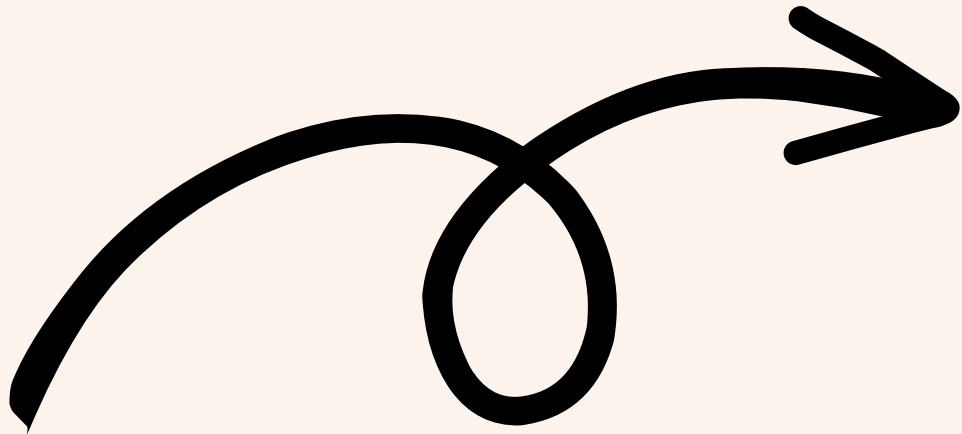
Consider keeping a dream journal to process your nightmares.

Identify and address the specific fears or themes that trigger your nightmares.

Use calming essential oils or soothing sounds to create a sleep-conducive environment.

Let's try deep breathing exercises before bed and create a calming bedtime routine to reduce the frequency of these nightmares."

**SCROLL FOR
STRATEGIES**



DEEP BREATHS

ASK QUESTIONS

BODY SCAN

RECALL EVENTS

CHECK-IN

EMOTIONAL PHYSICAL

LABEL ANXIETY!

EMOTION WORD LIST

Trust Your Gut



EXTRA

BONUS

Pause

"Pausing gives me the chance to step back and assess what's driving this (Anxiety, Panic, Depression, Craving)."

CHECK-IN

"I'm checking in to see if there's any lingering emotion from earlier that's influencing these uncomfortable feelings"

DEEP BREATHS

"Taking deep breaths helps me center myself, making it easier to connect with any underlying emotions."

Label the (Anxiety, Panic, Depression, Craving):

Dialogue: "Labeling the (Anxiety, Panic, Depression, Craving) as a sign of discomfort allows me to address the emotions causing it."

I'm acknowledging its presence and the possibility of underlying emotions."

Body Scan:

Dialogue: "As I scan my body, I notice a knot in my stomach that might indicate anxiety related to this (Anxiety, Panic, Depression, Craving)."

Dialogue: "Starting from my head, I'm paying attention to any physical sensations that might connect to my emotions."

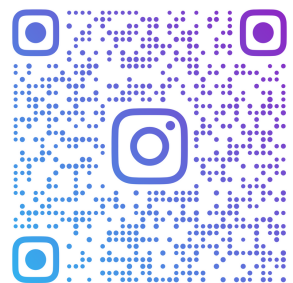


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**Thank you so much Louise Sattler
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AVAPARNASS



**CANVA images / photos were used by these talented
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