

# The Ukraine - helping children cope with world conflict.



The five ways to wellbeing are evidence based ways of looking after your mental health. Here, we think about how they can support children during a time of heightened anxiety and fear amid world events. Children under 7 are unlikely to take on board much of what is going on, so it can be best to wait for them to bring it up. With older children and teenagers, adults have less control over where their information comes from. Ask them questions to determine what they know and correct any misconceptions. With older children, respond to questions but don't overload them with facts. Keep messages simple and offer reassurances about the distance and the minimal risk of events directly impacting them or their families. Teens might have 'what if' questions - help them reality check these 'what ifs', explore what they could do in certain situations and focus them on the things they can control.

