

# Self-care for Adults During Times of War

During times of war, self-care offers a valuable way to maintain personal well-being amid challenging circumstances. It is a means of finding moments of peace and preserving one's humanity in the midst of uncertainty.

Self-care tips adapted from the following:

<https://www.helpguide.org/articles/ptsd-trauma/traumatic-stress.htm>

<https://www.synergypsychotherapy.com/thegobl/2021/4/4/caress-a-coping-strategy-12>

<https://www.saintcatherines.org.uk/wp-content/uploads/2020/05/Meditation-toolbox-for-hard-times.-26.4.2020.Final-PDF.pdf>

Here are some self-care tips that you may find helpful during these unprecedented times:

**C – CONNECT WITH LOVED ONES:**

Reach out to family and friends for support. Sharing your thoughts and feelings can provide comfort and reduce isolation.

**A – APPRECIATE YOURSELF:**

Be compassionate and kind to yourself, acknowledging your own needs.

**R – REFLECT REGULARLY:**

Engage in self-reflection and journal your thoughts and emotions.

**E – ENGAGE IN RESPITE:**

Take regular breaks and prioritize time off to rest and recharge.

**F – FOCUS ON PHYSICAL WELL-BEING:**

Maintain a healthy diet, exercise, and get adequate sleep.

**O – OPT FOR MINDFULNESS AND RELAXATION:**

Practice mindfulness and relaxation techniques to manage stress.

**R – RETAIN ROUTINES:**

Try to establish a daily routine that includes regular meals, exercise, and sleep. Structure can provide a sense of stability in chaotic times.

**S – SEEK PROFESSIONAL HELP IF NECESSARY:**

If your emotional and mental well-being deteriorates significantly, don't hesitate to seek professional help from a mental health professional. Please email [JCSsupport@jbfcs.org](mailto:JCSsupport@jbfcs.org) if you are in need of support.

**E – ENGAGE IN HOBBIES AND INTERESTS:**

Participate in creative activities you enjoy, such as art, music, or writing. These can be a form of self-expression and a welcome distraction.

**L – LIMIT EXPOSURE:**

Stay informed but avoid excessive exposure to distressing news and social media.

**F – FIND WAYS TO SUPPORT OTHERS:**

Helping others can be therapeutic. If you're able, offer support to your community or volunteer.

Remember that self-care is not a luxury but a necessity during challenging times. By recalling "CARE FOR SELF", you can remember these important self-care strategies. It's crucial to prioritize your well-being to better navigate the stress and uncertainty associated with war and uncertainty.