

Wellbeing. Done Well.



# Ukrainian Crisis

Meaningful ways you can help Ukraine



The world was brought to a standstill as news broke that Russian had invaded Ukraine on Thursday. Many of us feel helpless when confronted with events of this scale. And others with friends and family in the affected area are overwhelmed and don't know what to do. Here are a few ways you can help the people of Ukraine right now.

Ukrainians have compiled [a list of organizations](#) where you can donate to help people affected by the crisis. These organizations include:

- **United Help Ukraine** receives and distributes donations, food, and medical supplies to internally displaced Ukrainians, anyone affected by the conflict, and the families of wounded and killed soldiers. Donate [here](#).
- **Nova Ukraine**, a Ukraine-based nonprofit, provides citizens with everything from baby food and hygiene products to clothes and household supplies. Donate [here](#).
- **The Ukrainian Red Cross** does humanitarian work, from aiding refugees to training doctors. Donate [here](#).
- **UNICEF Ukraine** is repairing schools damaged by the bombings and providing an emergency response to children affected by the conflict. Donate [here](#).
- **People in Need** is providing humanitarian aid to over 200,000 people on the ground. For those most in need, they provide food packages, emergency shelter, safe access to drinking water, hygiene items, and coal for heating. Donate [here](#).

**Source:** [Global Citizen](#). For more ideas about how you might help, please check out this site.

## Take Care of Yourself

### Focus on what you can control.

If following the news, monitoring updates, or scrolling through social media is causing you stress, control your media exposure. Take measures to log off when you can, and set a time once a day to check the news.

**Make self-care a priority.** Much of what is going on is out of your control. But you can control how you take care of yourself. Get active, pay attention to your diet, get good sleep. Try having some quiet time every day.

**Stay socially connected.** Spend time with friends and family. Get emotional support by sharing your concerns with people you trust.

**Gain perspective.** It's natural to worry about "what ifs" and your mind can easily go to worse-case scenarios. Sometimes practicing mindful self-awareness can help you stay focused in the moment and look at life from a more positive point of view.

**Allow your feelings.** If you notice that you are having strong feelings, acknowledge them. Don't try to ignore or deny them.

**Get help.** If stress is interfering with your everyday life, Concern can help. For information about self-help resources or consulting with a counselor, call 800-344-4222 or visit our website at [employees.concernhealth.com](https://employees.concernhealth.com)