

WELLNESS DURING PROTESTS

The Wellness Perspective



THE ISSUE

Seeing pictures of violence and destruction can cause fear and anxiety, causing individuals to feel unsafe. Feelings of anger and despair may also arise. Whether you are actively participating in actions to create social change or observing the protests via television, social media or the internet, protests can take a toll on mental health. It is important to find ways to manage your emotional and mental health during these times. It's necessary to incorporate healthy mental health practices during social movements and protests.

WHAT CAN BE DONE?

Validating your feelings: It's normal and natural to feel confusion, fear, sadness and outrage related to peaceful protests being met with police violence or violent protests causing destruction. Even though these feelings are uncomfortable, there's nothing wrong with them.

Breath: Breathing helps to calm the nervous system and reduces symptoms of anxiety, fear and anger. A breathing technique often practiced is the 4-4-6 breathing technique and it's done by; breathing in through your nose for a slow four counts, holding the breath for four counts and breathing out of your nose for six counts. Repeating this breathing cycle for just a few rounds will help bring calm in times of chaos.





Imposing household curfews: It times of unrest, the safety of your family and friends are key. It could be helpful to set restrictions on social gatherings and impose curfew for the members of your family.



Social Media breaks: People feeling overwhelmed by the rush of events would do well to take regular breaks from social media and the news. Families might want to set strict limits on when members can go online to check out the news or read social media information.



Seek Help: No matter how much we try to manage our emotions during times of protests and civil unrest sometimes we can't manage on our own. Seeing such pain and injustice every day can be traumatizing, especially if you identify as an individual who is directly affected by the pain and injustice. It is OK to seek professional help to process your emotions.



Managing your mental health during civil unrest is not easy, but there are people who can help you through these difficult time. Please contact us on 08150877724.

"Whatever we can do to try to change this situation is a very good thing to do, and in the meantime maintain your own health, safety and security"- Binder

