



SELF-HELP KIT FOR MENTAL HEALTH PROFESSIONALS

FIRSTAIDOFTHESOUL.ORG

♥ THANK YOU TO MANY HANDS THAT HELPED PUT THESE SELF-HELP KITS TOGETHER — YOU KNOW WHO YOU ARE!

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HOW TO COPE WITH TRAUMATIC STRESS AS A MENTAL HEALTH CARE PROFESSIONALS IN A WAR ZONE

1. Identify a friend or family member you can lean on for support.
2. Don't avoid your feelings and thoughts about the events happening around you.
3. Don't neglect your own self-care.
4. Try to eat healthy, sleep, and exercise if possible.
5. Journal your thoughts and feelings.
6. Be patient with yourself.