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Looking After Our Mental Health During Political Unrest

The tension during a time of political unrest can be overwhelming. Fortunately, there are lots of things that we can do to look after our own mental health, and to help others who may need some extra support and care.

Stay informed, but regulate your information
It's good to keep up to date with the latest news by following trusted news channels, such as local and national TV and radio. But make sure that you're limiting how much you engage with different newsfeeds —checking too often can contribute further to anxiety and distress.

Stick to your routine
As far as you can, try to follow your usual daily habits. Familiarity can help us to feel more grounded in times of distress, and if you're caring for others, it can also help to reassure them, too.

Maintain social contact where you can
If it's possible, try to stay in touch with people who are close to you.It can be easy to isolate when you feel worried or anxious, but by keeping social contact with the people around you, you can get alternative perspectives and feel more supported.

Try to avoid drugs and alcohol
Limit the amount of alcohol you drink, or don't drink alcohol at all. Don't start drinking alcoholif you have not drunk alcohol before. Avoid using alcohol and drugs as a way of dealing with fear, anxiety, boredom, and social isolation.

Help others
If you are able, offer support to people in your community who may need it. This could be through practical methods, such as volunteering, or by offering support online to others who are affected by the crisis.

No matter what you're going through, Lyra can help. An expert mental health professional can offer you additional resources, useful perspectives, and hope. Reach out for support from Lyra, your mental health benefit, today.