

# Managing Anxiety During the Crisis in Israel

As we are heartbroken at the news coming out of Israel, it is important that we find ways to protect ourselves from the onslaught of stress and fear that we see and feel all around us. Here are some things we can do:

## **CREATE A ROUTINE FOR YOURSELF AND STICK TO IT**

Start with the building blocks of your day, scheduling sleep and wake times and times for eating meals. From there, build in time for restorative activities like socializing with friends, physical exercise, and spending time outside. **Structure is so valuable when living through a crisis, and taking care of our bodies allows us to take care of our minds and souls.**

## **AVOID EXCESSIVE NEWS COVERAGE**

**While we all want to know what is going on, excessive consumption ceases to be informative and is actually detrimental to our mental health.** Be mindful about how often you check the news, by limiting yourself to twice or three times per day and/or limiting the length of time you spend checking it.

## **BE CAREFUL ABOUT THE TYPE OF MEDIA YOU CONSUME**

**Stay away from images and videos that can be traumatizing to view.** Be selective about where you find your news and stay away from platforms like TikTok and X (formerly twitter).

## **FEELINGS OF GUILT ARE COMMON DURING A CRISIS LIKE THIS. PRACTICE SELF COMPASSION INSTEAD**

We often feel we should be doing more and therefore overextend ourselves or become oversaturated by the news.

**While we want to feel as one with our friends and family in Israel, we must recognize that depleting our own reserves does not help and is not what our nation needs.** Notice if you are feeling guilty and talk about it with others.

## **ALLOW YOURSELF TO TAKE BREAKS AND BE DISTRACTED**

We are not created to sustain unending stress. **It is both healthy and necessary to take breaks, and we should never feel guilty about allowing ourselves to be distracted** from our worries. Play games, watch a movie, spend time with friends, and encourage friends to do the same. We are all in this together, and we want to stay strong together.

## **THINK ABOUT THE WAYS YOU CAN HELP OTHERS**

The benefits of giving are vast and well documented. **Participating in a cause that is important to us is a healthy and productive way to restore a sense of control** and give some meaning to the challenges we are facing.

## **WATCH OUT FOR YOUR MENTAL HEALTH, AND SEEK HELP WHEN NEEDED**

If you have a preexisting mental health condition, keep up with treatment plans and watch out for any uptick in symptoms. For everyone, **if distress inhibits your ability to perform activities of daily living please reach out for help.**



Yeshiva University

The YU Counseling Center is here for you.  
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