

News of the withdrawal of both UK and US military forces from Afghanistan has significantly impacted many in our Armed Forces & Veterans Community. Strong emotional reactions are normal and there is no right or wrong way to feel about the emerging situation. This news may evoke distress, memories and dreams

## Things that can help:



Have a plan of things to do that you enjoy, bring you comfort or relaxation or occupy your mind

Check in with others who may be struggling but make sure you still take care of yourself



Think about how much time you spend watching the news or on social media, switch them off if it isn't helping

Get exercise and eat well



Take off any unnecessary pressures



Take time to reflect in your own way – everyone deals with things differently



Ground yourself – Use your sight, hearing, touch, taste and smell to ground yourself.



Spend time with people you care about Talk to someone you trust if you want to, but don't feel you have to



Keeping in a routine can be helpful