



MENTAL HEALTH DURING CIVIL UNREST

Civil unrest refers to a range of activities that disrupt the normal functioning of a community, often stemming from socio-political issues. This can include protests, riots, and significant demonstrations. While such events are often rooted in social justice and change, they can significantly affect individuals' mental health.

RECOGNIZING THE SIGNS OF MENTAL HEALTH STRAIN

In the wake of civil unrest, individuals may experience a range of emotional and psychological symptoms.

Signs to be aware of:

- Increased anxiety or feelings of dread
- Depression or persistent sadness
- Irritability or mood swings
- Difficulty concentrating
- Changes in sleep patterns (insomnia or oversleeping)
- Increased substance use as a coping mechanism
- Feelings of helplessness or hopelessness

WHAT TO DO IF YOU'RE FEELING OVERWHELMED

If you or someone you know is experiencing these signs, consider the following steps:

01

Acknowledge Your Feelings

It's normal to feel upset or anxious about current events. Allow yourself to process these emotions.

02

Limit Media Exposure

Continuous news coverage can increase anxiety. Set boundaries on how much news you consume.

03

Practice Self-care

Engage in activities that promote relaxation and positivity, such as exercise, meditation, or hobbies you enjoy.

04

Reach Out for Support

Talk to friends, family, or mental health professionals like The Village EAP about your feelings. Sometimes, sharing can lighten the burden.