



# 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.