



**Feelings,
emotions and
behavior
during the
war**

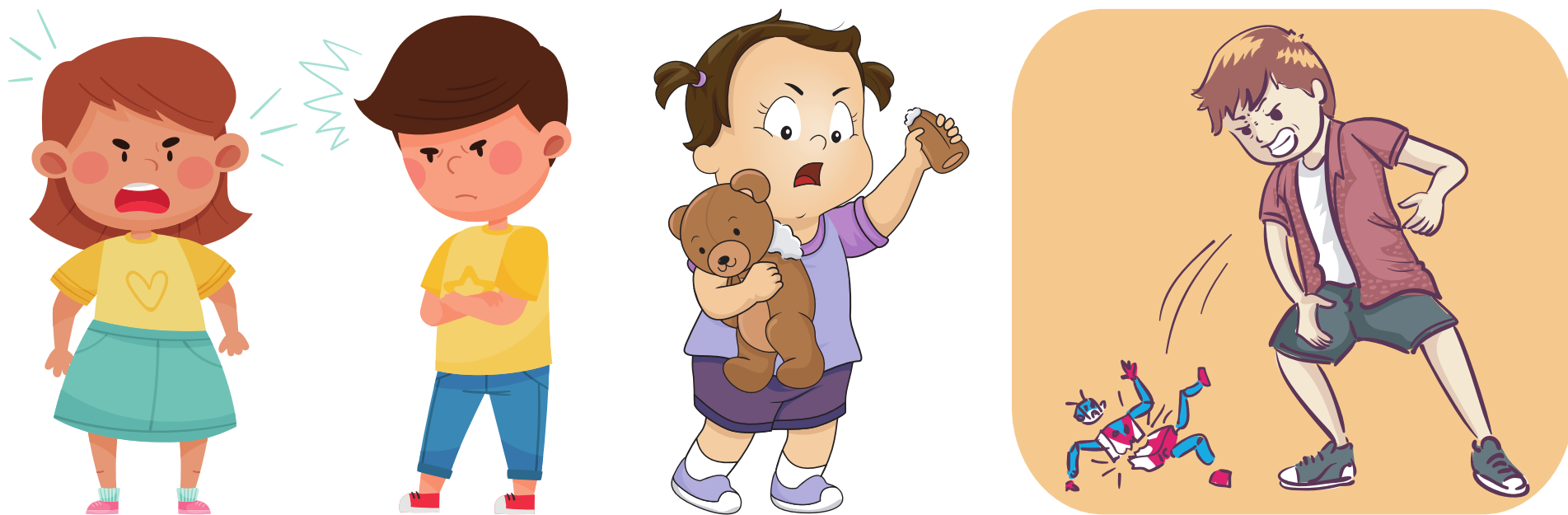
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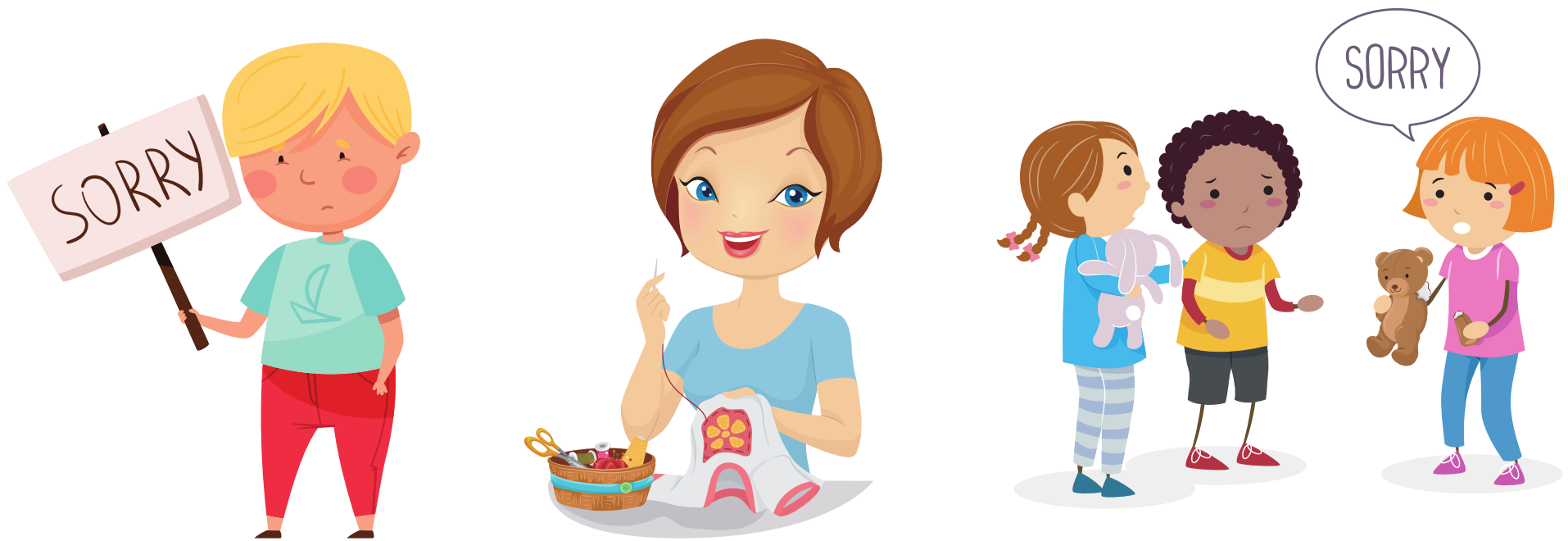
War evokes many emotions and feelings. Different people experience them differently. Feelings and emotions can change during the day, sometimes it can be no emotions at all - as if you feel nothing and nothing causes emotions.



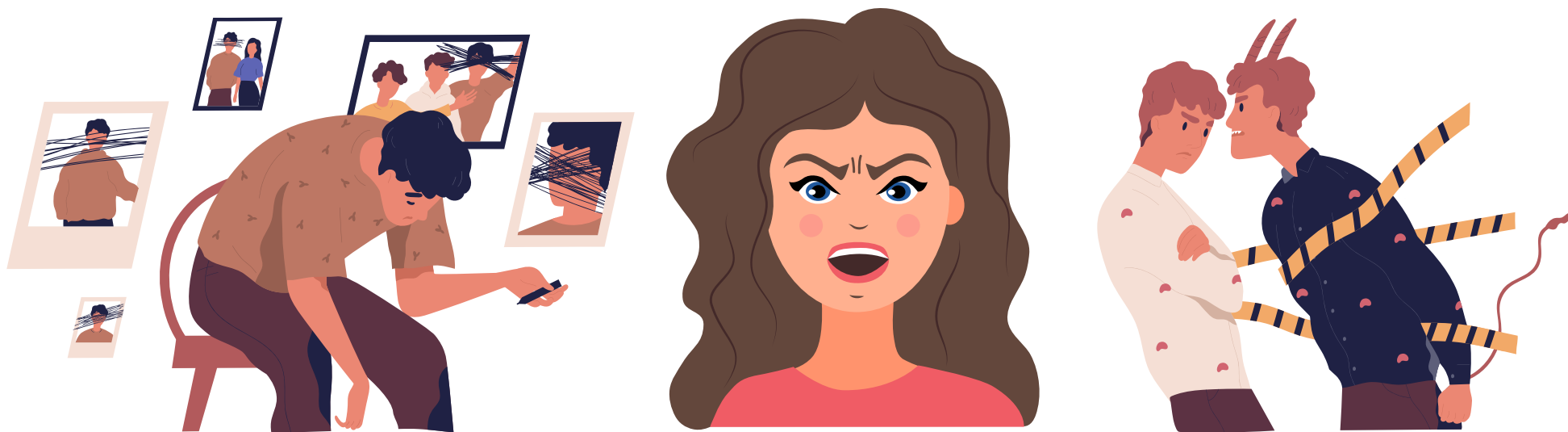
Most people feel fear and anger. These are very strong feelings. Because of them, the heart beats very quickly and breathing changes - sometimes it's as if you can't breathe or you don't have enough air. They force you to act recklessly, take risks or behave dangerously - for example, run away.



Out of anger sometimes you can want to hurt someone or say bad words. Sometimes it is difficult to control emotions. Then we can say something offensive to loved ones, be rude to a stranger, push or hit someone, break something. After it is very sad and unpleasantly, there is also a sense of guilt.



Yes, sometimes, under the influence of emotions, people do wrong: they offend someone, break something, quarrel or do nonsense. It is important to stop in time. It is also important to correct the mistake: to apologize, to fix the broken. And to explain what is happening. To enable relatives to help and prevent a recurrence of the situation.



Some adults have a very strong negative feeling due to the war - hate. It is like anger and aimed at people. Now - for those who live or were born in Russia. Adults say bad words, call names, wish bad health, stop communicating. The fact that adults feel hate doesn't mean that they are bad. It's just because they are hurt, sad and scared now.



The war is exhausting. It is difficult to feel strong emotions constantly. That is why sometimes emptiness and apathy come: there are no feelings, nothing pleases or upsets, nothing is wanted, there are no strengths and desires. This condition can last for some time. It is important to care about yourself: drink water and eat. Trying to do at least one routine a day can help.



Some people find it easier to deal with their experiences by denying them. Or actively continuing to live a normal life. Adults, for example, can go to cafes, drink coffee, do their usual rituals. And children - to play their games. Or study hard. Or hang out all the time.



The easiest way to deal with emotions and feelings is to talk about them. It is important to discuss everything that is happening, everything that worries you, with close people or parents. It is easier to cope with any difficulties together. also together you can find a way out of any emotion and learn how to experience them properly.



You can give way to emotions in different ways: talk about them, experience them with the help of the body, express through dance, music or drawing. If the emotions are very strong - it is important to breathe calmly, calculating helps and physical exercise too. To control aggression, you can carry a ball and squeeze it. And to cope with fear - sing a melody: it calms and helps control breathing.