

MANAGING STRESS IN MYANMAR

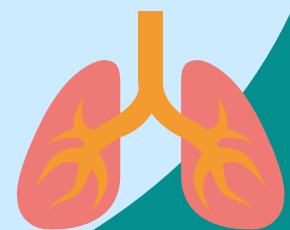
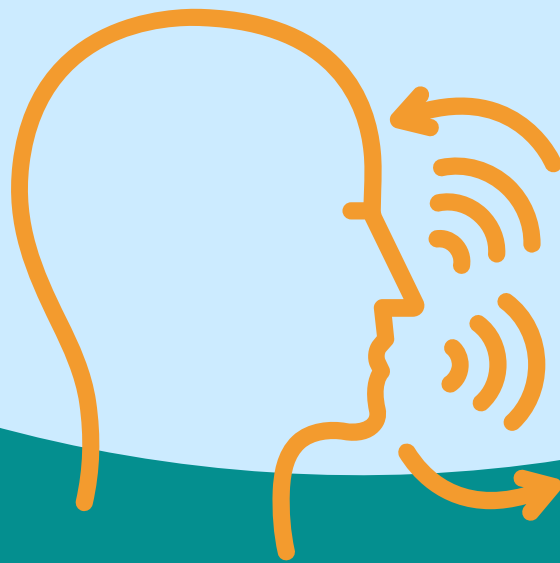
These cards aim to give you tips for coping with stress. These are very difficult times, and these cards cannot change the circumstances. But they might help you to find relief and stay strong.

TIPS FOR
TRAUMATIC
TIMES

PAUSE AND FOCUS ON YOUR BREATHING

When you notice you're getting particularly anxious, pause for a moment. Count to 4 as you breathe in slowly through your nose.

Try not to raise your shoulders. Then count to 4 again as you breathe out through your mouth.



LISTEN TO MUSIC

Listen to your favourite songs. Really listen to the music. Can you pick out different instruments? Can you hear a drum beat? Try to really focus on the music, and let other thoughts drift away.



PICTURE YOURSELF IN A SAFE, CALM PLACE

Think of somewhere peaceful - maybe somewhere you've been, or somewhere you've imagined. Close your eyes and think of the details.

What does it look like? What colours can you see? Can you hear sounds? Is it warm or cool? Let your mind drift.



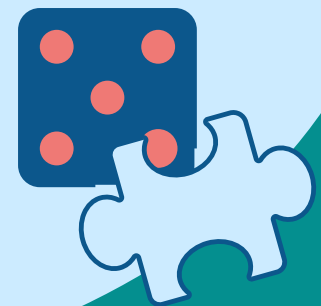
TRY ACTIVE RELAXATION

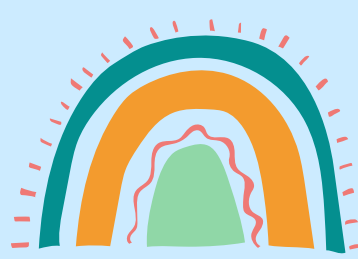
...like 10 minutes of simple yoga or gentle stretching. A few minutes of walking around your home can help to relax your body. Bounce a chinlone ball or try dancing to music.



ENGAGE YOUR SENSES

Eat your favourite snack, drink a soothing drink, pet your cat, try drawing - whatever sensory experience makes you feel calm quickly.





IF YOU HAVE AN INTERNET CONNECTION

TRY GUIDED RELAXATION RESOURCES

Like Mood Meter App: <https://moodmeterapp.com/>



DON'T ISOLATE: TRY TO STAY CONNECTED

Connect with friends and family safely via phone calls or encrypted chat apps. It doesn't need to be about what is going on, but talking with other people is important.

ENGAGE YOUR SENSES

Watch the best k-drama



#WhatsHappeningInMyanmar



EMERGENCY STRESS CONDITIONS

Remember that stress reactions are normal reactions to an abnormal situation:

- Allow yourself to feel sad and grieve
- Maintain any simple daily routines you can, do things you normally enjoy
- Eat nourishing foods. Try to sleep. Exercise indoors if possible
- Don't withdraw, play games with friends on your phone, or talk securely to others when you can
- Seek support and assistance if you need
- Accept help that is offered



WHO TO CONTACT:

Stress reactions may last for several weeks, if you or someone you know is suffering from persistent and extreme stress or experiencing a mental health crisis these are some contacts for accessing support services in Yangon, or remotely.



WHO TO CONTACT (1/2)

Myanmar Clinical Psychology Consortium

(mcpc.officer@gmail.com / <https://mcpcgroup.com>
services available in Chin, Kachin, Karen, Rakhine,
Myanmar and English)

Marble Psychological Services

(info@marble-psychology.com, +95 1 527 330)

Reach Out Myanmar: Psychological and Consultancy Services

(reachoutmyanmar@gmail.com)

Counselling Corner: Aung Min Thein

(aungminthein@counsellingcornermm.com
/ +96 9664017251)



WHO TO CONTACT (2/2)



Metanoia: Dr. Ohnma Win Pe
(<https://metanoiamhsrc.com/home>)

Quality Clinic: Dr Soe Lwin
(qualityclinic@gmail.com)

Citta Consultancy: Su Su Maung
(ssmaung@cittaconsultancy.com /
+95 9960989551)

Serenity Counselling and Psychological Services
Agnes Khaing (agneskhaing@gmail.com /
<http://www.facebook.com/serenitycounselingsupport>)

WHAT TO DO



If you or anyone you know is experiencing high levels of stress, trauma or violence at home please call +95 9960989551 and a qualified counsellor is on standby (free of charge).

CREDITS

Content

Mind, 'How to improve your mental wellbeing'

International Federation Reference Centre for Psychosocial Support, 'Coping With Stress and Crisis'(All content included has been adapted and translated for the Myanmar context by a collective of professionals.)

Translation

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Design

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