

**Olena Tolstosheieva**

Kyiv National University of  
Technologies and Design (Kyiv)

**Scientific supervisor - senior lecturer Svitlana Krasniuk**

## **HOW CAN I BE USEFUL IN WAR**

Each of us is trying to do everything we can - someone is volunteering, someone is working in the information field, someone is resuming work, providing work, donating to the army. And someone is making a huge effort not to go crazy. But many of us think we do too little and do too little compared to our defenders. Some do not feel anyone at all and fall into apathy or despair

The first thing that is important to say to yourself is that this stress will not end quickly. And to demand from oneself the same efficiency that was before the war, or in the first weeks - at least, is dishonest to the body. Because he needs to spend his resources not only on the tasks you set for him, but also on how to somehow cope with stress.

You don't need to ask yourself, "Do I really teach full time?" - because if I work like this, to the last, until I fall - it will be a direct path to burnout and exhaustion. And who can you help or be useful to? If we are accustomed to zero, then our body needs much more time to recover and get a plus. So, demanding the maximum from ourselves, we make a strategic mistake, reducing efficiency and prolonging the time it will take our body to replenish resources.

Ask yourself, "What can I do?" But the word "possible" includes understanding one's resource (strength, time, knowledge, skills, etc.) and understanding one's limitations (1).

You can have temporary shelter for IDPs, evacuation vehicles, clothing, warm clothing, extra medicine, food and hygiene items.

You can dedicate your time to volunteering in call centers or offices to help displaced persons, working in evacuation groups in the combat zone. When you understand this, contact any experienced organization or initiative that you trust and offer your help.

Or, if you have managerial experience, form your own team, determine the field of activity - who and how you will help - look for volunteers and prepare for the deployment. Be sure to tell other similar organizations. There will be enough work for everyone, there will not be enough help .

Tactics and strategies for joint action in the event of a state of emergency should be discussed and roles assigned.

Different experiences and competencies of many teams, complementing each other, can weave such a strong network that it can withstand any blow. In addition, today the government has changed.

Unlike the first year of the war, we have many more opportunities for constructive cooperation with the public sector. Representatives of relevant state institutions and local governments should also take advantage of these opportunities and actively involve them in the joint action planning process (2).

## REFERENCES

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