



Dear Friends,

Every Friday afternoon, I turn off my computer and lie down for a moment on the cold parquet floor. I've just finished writing my last article. Refugees from Lebanon, Gaza, or Ukraine are running through my mind. The text won't reach you until Monday morning. Horrific statistics will ruin the start of the week. I am focusing on the hard floor beneath my back, grounding myself, calming down.

My job is to write stories about Caritas' international aid. Some of them have a happy ending. But even if they do, there is unimaginable pain hiding behind every single one of them. **Such pain can put our own life experiences into a completely different perspective.** Lately, for example, I've been comparing all my delayed trains and forgotten chargers to floods in Ethiopia or droughts in Zambia. Unfortunately, I'm also starting to have little patience for the problems of those close to me.

Whether we write or read about the constant waves of bad news from around the world, it is important not to drown ourselves in them. That's why this month, we prepared an article for you with our tips and tricks on how to protect your mental well-being. For instance, **supporting others can help, too, because a sense of usefulness eases our feelings of helplessness.**

Which means that you are already one step ahead. Thank you for listening to stories from abroad and helping us change the lives of people who need our support.



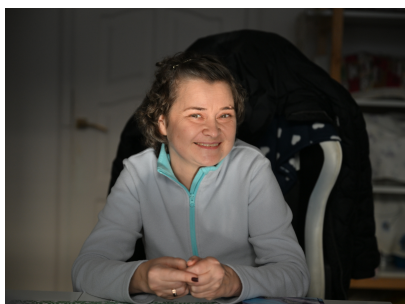
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CARITAS CZECH REPUBLIC IN THE WORLD



From Ukraine through the Middle East to Sudan. [How do wars impact the lives of civilians and the world around us?](#) We provide an overview of the humanitarian, ecological, health, economic, social, and long-term impacts of armed conflicts on our planet. The article might not be an easy read, which is why, at the end, you can find our tips on **how to protect yourself from the constant waves of bad news.**

The conflict in the Middle East has escalated to a humanitarian and refugee crisis. In Lebanon alone, more than 1.2 million people have been forced to flee their homes. [Through the Caritas for the Middle East campaign, we support Caritas Lebanon](#), which assisted 221,001 people across the country in March. We are also closely monitoring the situation in neighbouring countries. **The continuation of the conflict adds to daily suffering.**



People in Ukraine are also being forced to leave their homes. One of them is Iryna, who fled with her family from the Kharkiv region to Ivano-Frankivsk. Today, she manages an accommodation centre that is home to 116 internally displaced people. [Caritas Czech Republic helped equip the facility and also provided Iryna, who was diagnosed with cancer, with a study grant.](#) During her recovery, she completed a hairdressing course and found renewed energy and purpose in life.

In rural areas of Moldova, **people face limited access to safe drinking water**. We are therefore renovating and reconstructing school sanitation facilities, which also contribute to the mental well-being of students and teachers. Moreover, we run educational activities for parents and educators on personal hygiene so they can share this knowledge with children.



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