12 Things You Can Do Right Now to Show Your Support for Ukraine

1. Breathe and pray for your own internal peace and for world peace.

2. Donate to organizations providing aid to Ukraine and her refugees.

3. Support public radio and other truthful journalism organizations.

4. Sign online petitions for peace via organizations like avaaz.org.

5. Help spread truth about the war to counter pro-war propaganda.

6. Have compassion for Russian people who do not support this war.

7. Feel and honor your emotions and let them go -- you cannot help others when you are in a stressful state.

8. Create art, write poetry or compose music and share your messages of support, hope and love with the world.

9. Find ways to become a pen pal for Ukraine refugees or soldiers.

10. Volunteer at organizations that are coordinating support for or providing support in Ukraine or in neighboring countries.

11. Open your home to a refugee family.

12. Share this list with others.

Co-created by NewWorldWomen.com and BreathLogic.org