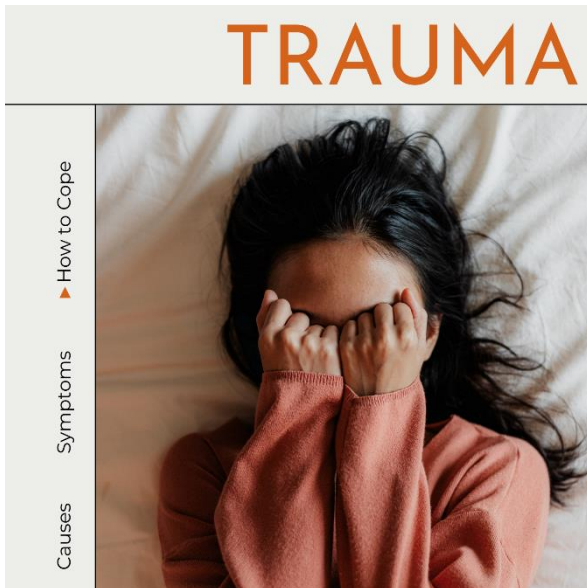


## *Healing from Conflict: A Guide to Coping and Supporting from Afar*



The recent terror attack in Israel and resulting declaration of war by Israel against Hamas in the Gaza Strip has led to numerous casualties and injuries on both sides, with millions of innocent civilians in harm's way. Similar to the crisis in Ukraine, the effects are far-reaching, with images of the war being broadcast on TV and shared on social media. The emotional impact can be felt at home by all, especially by those with connections to the region.

A traumatic event is a shocking, scary, or dangerous experience that can affect someone emotionally and physically. Traumatic events can include experiences such as natural disasters (such as hurricanes, earthquakes, and floods), acts of violence (such as assault, abuse, terror attacks, and mass shootings), and car crashes or other accidents.

It is natural to feel afraid during and after a traumatic situation. Fear is a part of the body's "fight-or-flight" response, which helps us avoid or respond to potential danger. **People may experience a range of reactions after trauma, including:**

- Feeling anxious, sad, or angry
- Trouble concentrating and sleeping
- Continually thinking about what happened

Most people will recover from these symptoms, and their reactions will lessen over time. Those who continue to experience symptoms may be at risk for [post-traumatic stress disorder \(PTSD\)](#).

It is important to seek professional help if symptoms do not improve over time or begin to interfere with daily life. **Some signs that a person may need help include:**

- Worrying a lot or feeling very anxious, sad, or fearful
- Crying often
- Having frightening thoughts or flashbacks, reliving the experience
- Feeling angry, resentful, or irritable
- Having nightmares or difficulty sleeping
- Avoiding places or people that bring back disturbing memories and responses
- Becoming isolated from family and friends

Physical responses to trauma may also mean that a person needs help. **Physical symptoms may include:**

- Headaches
- Stomach pain and digestive issues
- Difficulty falling asleep or staying asleep
- Racing heart and sweating
- Jumpy and easily startled
- Trouble thinking clearly
- People with a personal or family history of mental health issues or substance use, who have had previous exposure to traumatic experiences, who face ongoing stress or trauma (such as abuse), or who lack support from friends and family may be more likely to develop more severe symptoms and need additional help.
- People who experience traumatic events also may experience [panic disorder](#), [depression](#), [substance use](#), or [suicidal thoughts](#). Treatment for these conditions can help with recovery after trauma.

Healthy ways of coping can help reduce stress and improve well-being. **Here are some things you can do to help yourself:**

- Avoid the use of alcohol or drugs
- Spend time with trusted friends and relatives who are supportive
- Try to maintain routines for meals, exercise, and sleep
- Engage in exercise, mindfulness, or other activities that help reduce stress
- Set realistic goals and focus on what you can manage

Contact Ulliance for free and confidential counseling, and access to other supportive resources.

### Trauma Resources

- [Disaster Distress Helpline](#) from the Substance Abuse and Mental Health Services Administration (SAMHSA) provides crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. The helpline is free, multilingual, confidential, and available 24 hours a day, 7 days a week.
- [Helping Children and Adolescents Cope with Traumatic Events](#): This fact sheet presents information on how children and adolescents respond to traumatic events and what family, friends, and trusted adults can do to help. Also available [en español](#).
- [988 Suicide & Crisis Lifeline](#) at **988** or chat at [988lifeline.org](#). In life-threatening situations, call **911**.

### Coping with Loss and Supporting Others from Afar

- [10 Tips to Help You Provide Long-Distance Grief Support](#)
- [How to Manage the Loss of a Loved One from a Distance](#)
- [How to Grieve from a Distance](#)
- [How to Support Someone Grieving When You Can't Be with Them](#)
- Virtual/Online group support
  - [Virtual Support, because grief should not be lonely! \(healgrief.org\)](#)

- [Need Help Dealing with Grief? - GriefShare](#)

#### How to help – List of Organizations Helping Victims of War

- [The International Red Cross](#)
- [Doctors Without Borders](#)
- [Save the Children](#)

#### Other Resources

[U.S. Travel Advisories](#) (Israel, the West Bank, and Gaza)

**For more information, tools, resources, or app information, call your  
Life Advisor Employee Assistance Program!**



**Ulliance provides no cost, confidential, short-term counseling  
for you & your family.**

Call us- we're here to help **800.448.8326**