

Rising Above Despair: Finding Support and Strength in the Aftermath of Tragedy

Once again, our nation has experienced a violent tragedy. Although its impact is more profound in Kansas City, especially for those in attendance or with a direct connection to the victims, it occurred during an event that many Americans also feel connected to. This one touches us all.

Humans strive to make sense of what we do not initially understand. We naturally want to bring order to chaos. These are fundamentals that we all share. When events like this occur, and even more so when details are still unknown, it is natural for it to have an impact on our mental health. We may be experiencing shock and fear or may be feeling helpless, angry, or frustrated. It is also possible that these events may have triggered other emotions from past traumas we have experienced. If we are finding ourselves in the midst of these negative emotions, thoughts, and feelings, it is crucial that we find ways to cope and find solace and support in the wake of such a devastating event.

Please know that we are here to support you during this challenging time.

It is normal to feel overwhelmed and anxious in response to traumatic events. These feelings can affect our ability to focus on work, engage with others, and take care of ourselves. Your Ulliance Life Advisor EAP team is available to offer assistance and counseling services to help you and your family navigate the complex feelings that may arise in response to this event.



Understanding Grief and Trauma

The first step in coping with such events is to recognize the wide range of emotions that can surface. Feelings of sadness, anger, helplessness, or even numbness are common responses to trauma and loss. It's important to acknowledge these feelings rather than dismiss them, as they are a natural part of the grieving process.

Seeking Support

One of the most effective ways to cope is to reach out for support. Talking with friends, family, or a professional can provide a sense of relief and understanding. Sharing your feelings and experiences with others who may be going through similar emotions can foster a sense of community and collective healing. This again is where your Ulliance Life Advisor EAP can help.

Limiting Media Exposure

While staying informed is important, excessive exposure to news reports and social media can exacerbate feelings of anxiety and distress. It's advisable to set boundaries around media consumption and to seek out news sources that are factual and sensitive to the impact of their reporting. It is also important to be careful not to speculate and draw conclusions as this can lead to further emotions such as anger or it can lead to stereotyping.

Engaging in Self-Care

Practicing self-care is essential during times of stress and trauma. This can include activities like exercise, meditation, reading, or pursuing hobbies that bring joy and relaxation. Maintaining a routine can also provide a sense of normalcy and control amidst the chaos.

Finding Ways to Help

For many, taking action can serve as a powerful coping mechanism. This can range from participating in community vigils to advocating for policy changes. Helping others or contributing to your community can provide a sense of purpose and hope.

In serving
others, we
find healing
for ourselves.



Professional Support

It's important to recognize when professional help might be needed. If you or someone you know is struggling to cope, experiencing prolonged periods of sadness or anxiety, or having difficulty functioning in daily life, seeking the assistance of a mental health professional can be a critical step towards healing.

The Life Advisor Employee Assistance Program (EAP) is available to offer mental health counseling and support. Whether you're seeking advice, need someone to talk to, or require resources to help navigate your feelings, the Life Advisor EAP is here to help. You can reach out at any time by calling 800-448-8326. Remember, seeking help is a sign of strength, and you don't have to face these challenging times alone.

In times of tragedy, coming together as a community, supporting one another, and taking steps to care for our mental health are vital. Let us remember the strength found in unity and the importance of reaching out for help when needed.

**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**