

Coping with the Emotional Impact of Social Tension, Political Unrest and World-Wide Events

It's natural to feel a lot of emotions, which may range from anxiety and fear to anger and sadness. While we want to be aware of events occurring across the nation and across the globe, it can sometimes interfere with self-care. Here are some strategies to help you and your family find the crucial balance between staying up-to-date and maintaining your mental well-being:

1. Acknowledge Your Emotions

Recognize and accept your feelings without judgment. It's okay to feel upset or overwhelmed. Talking to a trusted confidant or journaling can be a helpful way to process and understand your emotions. Labeling emotions can reduce their intensity.

2. Limit Media Consumption

While staying informed is important, constant exposure to distressing news can heighten anxiety. Designate specific times of the day to check the news, rather than constantly monitoring updates. This can help you stay informed without becoming overwhelmed. Avoid checking the news right before bed to ensure a restful night's sleep. Limiting exposure to distressing images and stories reduces the rate of trauma, anxiety and emotional exhaustion.

3. Stay Connected

Reach out to friends, family, or support groups. Sharing your thoughts and feelings with others can provide comfort and perspective. Meeting in person, virtually, or making phone calls can be a great way to stay connected. If you're part of an impacted group, sharing experiences can also bring healing.

4. Practice Mindfulness and Relaxation Techniques

Engage in activities that promote relaxation, such as meditation, deep breathing exercises, or yoga. These practices can help reduce stress and improve your overall well-being. Calming sounds or music can help reset the nervous system and restore calm.

5. Engage in Physical Activity

Exercise is a powerful tool for managing stress. Whether it's a walk in the park, a home workout, or walk your dog, physical activity can boost your mood and energy levels.

6. Create a Routine

Having a daily routine can provide a sense of normalcy and control. Include activities that you enjoy and that make you feel productive.

7. Seek Confidential Support through Your Life Advisor Employee Assistance Program 800-448-8326

If your emotions feel overwhelming, frustrating, or uncomfortable consider speaking with a Life Advisor Counselor. Its Confidential, no cost, and offers short-term support to you and/or your immediate family. Counseling and coaching can provide valuable support and coping strategies.

8. Focus on What You Can Control

Concentrate on aspects of your life that you can control and influence. Be mindful that personal opinions on major events can create a divide in our work/life relationships and families.

If You Need Immediate Support

Ulliance provides 24/7 support for emotional crisis- Call 800-448-8326

Disaster Distress Helpline (SAMHSA)

Call or text 1-800-985-5990

Available 24/7, free, confidential, multilingual



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

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