

*Many people are struggling with a sense of unrest as acts of racial injustice and community protests have intensified. Exposure to traumatic events, either personally or via media, can lead to feelings of fear, anger, anxiety, and helplessness, as well as a loss of trust. In some cases, it can overwhelm a person's ability to cope. These feelings are understandable and normal. However, if they persist and you are preoccupied with these feelings, please seek support. If you are struggling, here are some ideas for self-help:*



- *Remind yourself that you are not alone*
- *Talk to others who understand and respect how you feel*
- *Limit your exposure to news and social media*
- *Get out and move, whether for a walk, gardening or yoga*
- *Make sure to exercise and eat healthy meals*
- *Allow yourself to feel joy at times and to cry when you need to*
- *If you feel uncomfortable, scared or anxious, take a few deep breaths.*
- *Avoid using alcohol or drugs as a coping strategy*
- *In some instances, it may be helpful to process the experience with a professional EAP counselor*
- *Maintain a normal routine as much as possible*
- *Read uplifting passages of books, poems, podcasts that renew your hope and spiritual energy*
- *Journal to help you process your feelings and thoughts*
- *Listen to music, which can be a great way to ease your mind and get you moving as well*
- *Get creative in the kitchen and prepare nourishing or indulgent food*
- *Play rhythm instruments, such as drumming which can be therapeutic and healing*
- *Watch something that makes you laugh*
- *Practice mindfulness—being fully present in the moment*
- *Seek out spiritual leaders at your place of worship*

*Remember, whatever difficulties you're facing, let your Employee Assistance Program help. Available any time, any day, by phone or online, the service provides information, resources and counseling on any of the challenges that life may bring.*