

FIRST RESPONDER LIFE ADVISOR



Life Advisor First Responder

LifeAdvisorEAP.com.com

Ulliance

Enhancing People. Improving Business.



Starting to Heal Following
National Tragedies



UNDERSTANDING TRAGIC EVENTS

The world has been dealing with a global Pandemic and Shelter in Place like we have never experienced. Additionally, America is experiencing turmoil as demonstrators in cities across the nation and the world have responded to the arrest and subsequent death of an African American Minneapolis resident. When the arrest and death of George Floyd went viral, people reacted with strong emotion and action. Racial tension is increasing due to the circumstances around his death and those of others in the recent past. Some peaceful protests have spiraled into violent demonstrations and a state of disorder in cities throughout the country. No matter your opinion on these events, it is easy to feel overwhelmed, fearful, sad and sense a lack of control.

Even if you are not part of a demonstration, witnessing one can lead to the same effects, as if you were there. With regards to your emotional well-being, it is not uncommon for individuals to experience feelings of loss, anger, and fear when the country is at unrest. If you are a survivor of a similar traumatic event or identify with the situation, you may feel a heightened sense of vulnerability or experience a state of acute stress reaction. Couple these events with the current pandemic and our efforts to stay safe and secure, and it is easy to feel discouraged and overwhelmed.

How to emotionally manage news of tragic events:

Stay focused on what you CAN control: Continue to take care of yourself, your home and your family. Maintain a routine and don't allow world events to interrupt this focus. Continue to exercise, eat healthy, limit TV, and maintain regular sleep patterns.

Express your feelings safely: Talk to a friend or family member. Use art to express your feelings in a safe way. Write in a journal, paint or draw to express how you are experiencing the current situation at large.

Use your voice: There are safe and legal ways to use your voice such as writing a letter to an official representative or participate in peaceful demonstrations.

Use meditation to keep yourself calm and in the now: Focus inward allows you to feel control, reminds you of your values, and aids you in making clear decisions.

Be gentle with yourself—you are allowed to have feelings such as sadness, anger and confusion and it's OK to not have all the answers. If you are experiencing any of the emotions or responses here, remember you can contact the Life Advisor EAP to access immediate crisis services, resources, and counseling/coaching through Ulliance.



Call Us—we're here to help.

800.448.8326

Let us help you rebuild your resilience and move forward in a healthy and productive manner.