



Finding Resilience in Troubling Times

Another tragic mass shooting rocks the nation

The devastating elementary school shooting in Uvalde, Texas has left yet another community in mourning. Again, mass violence has left us shaken and struggling to understand why such terrible things happen. While there may never be satisfactory answers to these questions, we do know that it is normal for people to experience a variety of emotions following such traumatic events.

Throughout the country, people share in the grief, fear, and disbelief. The impact of traumatic events often extends to individuals with no personal connection outside affected areas. Emotions can include disillusionment, shock, sorrow, numbness, fear, anger, and sorrow. People may have trouble sleeping, concentrating, eating, or remembering even simple tasks. These feelings are a natural reaction to today's troubling world, where every day seems to bring more uncertainty.

While there's no right way to cope with fear and confusion, you can strengthen your resilience—the ability to adapt well in the face of adversity—in the days and weeks ahead.

Here are some tips

- **Allow your feelings.** If you notice you are having strong feelings, acknowledge them. Don't try to ignore or deny them. Remember that it is common to have a range of emotions after a traumatic incident.
- **Talk about it.** Give voice to and share your concerns with people you trust. It often helps to speak with others who are also experiencing emotional reactions, so you do not feel alone. You may help them as well, as they put their thoughts and feelings in order.

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- **Practice self-care.** Engage in healthy behaviors to enhance your ability to cope. Make sure you get enough rest, eat well-balanced meals, and build physical activity into your day. Avoid alcohol and drugs as they can suppress your feelings rather than help you manage or lessen your distress. If you are having trouble sleeping, try some relaxation techniques such as deep breathing, or yoga.
- **Minimize exposure to the media.** Once you have the facts, it's a good idea to limit replay of the events. Try to give yourself and your family a break from the intensity of what's going on. Being overexposed can increase your stress.

- **Get reliable information.** One of the best ways to manage fear is to understand what is being done to protect your community.

When to get help

If you are feeling stuck or overwhelmed and stress is interfering with your everyday life, consulting with a counselor may be beneficial.

For a consultation with Concern, call 800-344-4222 or visit our website at employees.concernhealth.com

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Employees and eligible dependents can request Concern counseling and work/life services 24/7 by calling or visiting our website.

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