During Times of Social Unrest. **What You Can Do**

We are experiencing an intense period of stress and turmoil in our country right now. Feelings of anger, fear and helplessness are natural reactions to the current situation where every day seems to bring new concerns. You or others may experience some of the following reactions. These reactions are generally temporary and not of great concern.

- Recurrent thoughts of images of the events
- Heightened response to loud noises, shouting or crying—easily startled
- Discomfort being alone
- Difficulty concentrating and/or deciding what to do next
- Feeling sad, scared, angry, irritable, confused
- Difficulty sleeping
- Increase or decrease in appetite
- Physical problems such as headaches, stomach-aches, sore muscles, etc.
- Discomfort being in places that seem unsafe
- Feeling vulnerable, a loss of control
- Feeling exhausted
- Difficulty making decisions and thinking creatively
- Feeling guilty that others have suffered more than you have
- Fear of leaving loved ones or your home
- Feeling excited and alive, or empty and depressed, or both intermittently

Recognize that we all handle stressful situations differently, so don’t expect others to be feeling the same way you are, and vice versa. Be tolerant of your own, and others’ reactions.

**What to Do**

- Believe in your ability to bounce back!
- Talk to other people about your experiences, reactions and feelings
- Take it easy—don’t push yourself
- Plan extra time to do usual tasks. You may be distracted and not able to function as efficiently as usual.
- Re-establish your normal routines as soon as you can do so comfortably. This helps you regain a sense of stability and predictability.
- Check to see if your decision-making ability has been impaired (ask for feedback on how you’re doing)
- Don’t forget to eat and drink “smart. Avoid junk food.
- Rest and get some exercise
- Recognize that information about these events can be upsetting as well as helpful
- Turn off your television and social media when you start to feel overwhelmed by the news
- If you are having trouble sleeping, listen to soothing music or drink a glass of milk at least a half hour before going to bed
- Reach out to help others, either through volunteer activities, donations of money or supplies, personal support to friends and neighbors
- Work on beginning to accept what has happened

If you are feel stuck or have difficulty managing intense feelings, consider contacting Concern for support. Our counselors are here to help you manage these challenging times and develop strategies consistent with your personal values. Calls are answered 2/47. Call **1-800-344-4222** or go to employees.concernhealth.com