

Participant Guide

# Managing Emotions During Turbulent Times

## Overview

We are living in turbulent times in our country right now. World events such as the Covid-19 Pandemic, Economic Uncertainty and Social Unrest have created an unprecedented level of fear and anxiety in people. This session will help you become more aware of your stress symptoms and emotional responses. You will learn positive strategies to manage stress and anxiety by implementing simple self-care practices such as relaxation techniques and focusing on the three pillars of health: diet, exercise, and sleep.

## Seminar Objectives

- Emotional impact of turbulent times
- Identifying fear and overcoming anxiety
- Defining stress signs and symptoms
- Healthy stress management strategies
- Focusing on your Locus of Control
- Self-care practices
- Relaxation techniques
- Helping yourself and loved ones
- Important resources

Seminar Length: 1 Hour



## Collective Trauma

- 'Roe V. Wade' Emotional Fallout
- COVID-19 Infections Rising
- Mass Shootings
- War in Ukraine
- Extreme Weather
- Rising Costs / Inflation
- Civil and Political Unrest [Divisiveness]
- Future Uncertainties



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## Emotional Responses

Shock	Feeling Numb
Confusion	Feeling Lost
Anxiety	Feeling Anxious
Fear	Feeling Scared
Anger	Feeling Outrage
Denial	Feeling Helpless
Depression	Feeling Overwhelmed

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## Identify Your Pressing Fears

Creating a catastrophic future of 'What-ifs'

- We'll never be free of Covid
- I won't be able to pay my bills
- Gun Violence Epidemic
- Kids getting killed at school
- Social Unrest and Political controversy over Civil Rights
- World War III breaking out



Put a Plan together to address your concerns

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## Overcoming Anxiety

<b>Focus on</b>	Focus on facts - Not fearful communication
<b>Minimize</b>	Minimize exposure to the news
<b>Communicate</b>	Share your concerns & ask for what you need
<b>Practice</b>	Practice physical distancing when out in public
<b>Follow</b>	Follow state or city guidelines regarding masks
<b>Challenge</b>	Challenge your thoughts and beliefs
<b>Be</b>	Be proactive to manage your stress
<b>Reach out</b>	Reach out for support, talk with family and friends
<b>Utilize</b>	Utilize Concern, your EAP, and other healthcare resources

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## More Tips to Manage Anxiety

- Look for 'Silver Linings'
- Turn Fear into H.O.P.E.
- S.T.O.P.
- O.A.R
- Practice Mindfulness: eM Life




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"When stress becomes chronic, it turns into distress. It creates a hostile environment in your body."

Susan B Johnson, Ed.D.  
Cooper Institute for Aerobics Research

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## Defining Stress

- Feeling overloaded or overwhelmed
- Stress is cumulative
- Adrenaline and Cortisol Released
- Body's Natural Defense



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## Stress Symptoms

Depressed mood Anxiety  
Heart palpitations Headache  
Irritability Gastrointestinal symptoms Sleeping too much  
Difficulty sleeping  
Lowered immunity Eating habit changes **STRESS SYMPTOMS**  
Difficulty concentrating Feeling overwhelmed Increased alcohol or drug use  
Increased blood pressure and heart rate Reduced sex drive Fatigue  
Anger Withdrawal Sweating Skin rashes Dry mouth  
Muscle tension

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## Outside Your Control

- Many of life's challenges & situations
- Other people
- Weather
- Covid19
- Financial markets
- Workplace rules & protocols



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## Within Your Control

- Mindset & Attitude
- What you Think, Say, & Do
- Offering & receiving help
- Self-Care Practices



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## Steps to Manage Stress

1. **Awareness:** Recognize signs of stress.  
*PAY ATTENTION* to your body, mind and spirit.
2. **Identify:** What triggered your stress. Is it something you can control? Or is it out of your control?
3. **Action:** What you're willing to do to alleviate your stress.  
What kind of help or action do you need?

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## Pillars of Self-Care

Stress often shows up by eating too much, not sleeping enough, not exercising.

Focus on these most basic elements of self-care when stressed

**Food • Exercise • Sleep**

They are your first line of defense



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## Self-Care Strategies

- Acknowledge your situation
- Set realistic expectations
- Keep things in Perspective
- Reframe 'Stress' as your friend

just  
breathe

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## Stress Relief Tips

- Take frequent breaks
- Set boundaries and priorities
- 'Attitude of Gratitude'
- Fun activities or hobbies
- Set new goals

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Real help, real experts, real fast.



## Relaxation Techniques

1. Breath focus
2. Body scan
3. Guided imagery
4. Mindfulness Meditation
5. Yoga, tai chi and qigong
6. Repetitive prayer/mantra

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Real help, real experts, real fast.

- Acknowledge their losses
- Help them express their feelings
- Model good coping skills
- Monitor TV and social media
- Encourage positive activities, games & play
- Give children some control (games, clothes, food, masks)



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[illegible]

- **SAMSA:** [samhsa.gov](http://samhsa.gov)
- **Kids Health:**  
[kidshealth.org](http://kidshealth.org)
- **CDC:** [cdc.gov](http://cdc.gov)

- **WHO:** [who.int](http://who.int)
- **NIMH:** [nimh.gov](http://nimh.gov)
- **NASP:** [nasponline.org](http://nasponline.org)

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## Confidential Life Balance Solutions at No Cost To You

### Counseling

Set # of free face-to-face, phone, video or chat sessions per issue per 12 months

- Difficulty with relationships
- Emotional distress
- Job Stress
- Communication/conflict issues
- Substance use
- Grief

### Family Care

Resources for all stages of life: Parenting & Childcare

- Childcare resources & referrals
- Tutors, mentors, programs for children with special needs
- Teens, college and beyond
- New Baby Kit

### Adult Care Needs

- Meals-on-Wheels
- Alzheimer's education
- In-home, sub-acute, rehab care
- Free resource book

### Legal & Financial

#### Legal Referrals

- Immigration
- Family law
- Estate planning
- Wills & trust

#### Financial Consultations

- Money management
- Debt consolidation
- Investment basics
- Income taxes

#### ID theft resolution

#### Legal Resource Center

[employees.concernhealth.com](http://employees.concernhealth.com)

800-344-4222



## Benefits

Your employer cares about you as an employee and as a person who lives a life outside the workplace. We at Concern understand how balancing these roles can make your life a juggling act in:

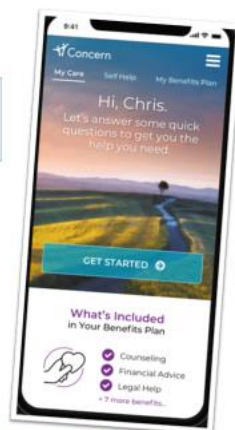
- Balancing work, home, and leisure
- Taking care of people who rely on you
- Dealing with the stress of modern life
- Handling loss and the unexpected

Call Concern's toll-free number if you feel overwhelmed by the stressors in life. 800-344-4222

## Concern's Digital Platform

Your front-door for easy, confidential access to personalized support, anytime you need it

- Easy access on your computer or portable devices
- Create your personal dashboard
- Request services, select counselors
- Connect to mindfulness resources from eM Life



[employees.concernhealth.com](http://employees.concernhealth.com)

800-344-4222

## Concern's Digital Platform

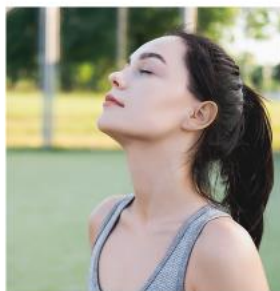
Accessible from your phone, tablet or computer. It is your front door to everything Concern has to offer. Your Personalized Dashboard.

It combines technology, counseling, and self-help tools with compassionate human interaction – all in one place.

## Mindfulness for Everyday Living

Access via Digital Platform

- Evidence-based
- Designed for daily use
- Live and on-demand
- Personalized experience
- Expands prevention
- New skills



[employees.concernhealth.com](http://employees.concernhealth.com)

800-344-4222



## Mindfulness for Everyday Living

You have access to eM Life – an entire suite of evidence-based live and on-demand mindfulness solutions.

- It can be accessed via the Concern Website: [employees.concernhealth.com](http://employees.concernhealth.com), or...
- You can download and access via your mobile phone.

Thank you!  
Questions? Comments?

Please complete the Survey Monkey  
<https://www.surveymonkey.com/r/3VHDNPS>

