Participant Guide

Managing Emotions During Turbulent Times

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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

Emotional Responses

<table>
<thead>
<tr>
<th>Shock</th>
<th>Feeling Numb</th>
</tr>
</thead>
<tbody>
<tr>
<td>Confusion</td>
<td>Feeling Lost</td>
</tr>
<tr>
<td>Anxiety</td>
<td>Feeling Anxious</td>
</tr>
<tr>
<td>Fear</td>
<td>Feeling Scared</td>
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<tr>
<td>Anger</td>
<td>Feeling Outraged</td>
</tr>
<tr>
<td>Denial</td>
<td>Feeling Helpless</td>
</tr>
<tr>
<td>Depression</td>
<td>Feeling Overwhelmed</td>
</tr>
</tbody>
</table>

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
Overcoming Anxiety

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

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

“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

Stress Symptoms

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

Outside Your Control

- Many of life’s challenges & situations
- Other people
- Weather
- Covid19
- Financial markets
- Workplace rules & protocols
Within Your Control

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

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?

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
Self-Care Strategies

• Acknowledge your situation
• Set realistic expectations
• Keep things in Perspective
• Reframe ‘Stress’ as your friend

Stress Relief Tips

• Take frequent breaks
• Set boundaries and priorities
• ‘Attitude of Gratitude’
• Fun activities or hobbies
• Set new goals

Relaxation Techniques

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

- 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)

Resources

- **SAMSA**: samhsa.gov
- **Kids Health**: kidshealth.org
- **CDC**: cdc.gov
- **WHO**: who.int
- **NIMH**: nimh.gov
- **NASP**: nasponline.org
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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
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
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, 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