

Resources for Staying Emotionally Healthy in Times of Stress



In times of crisis, including wars, global conflicts, and civil unrest, it is normal for people to experience heightened anxiety, stress, grief, trauma, fear, numbness, shock, or a variety of emotions. It is important to acknowledge these emotions without judgment, and make your mental health and well-being a priority.

Here are some tips to help manage emotional wellness and mental health during challenging and uncertain times:

- Acknowledge emotions and feelings
- Stay connected to others
- Remain grounded in daily activities
- Be mindful of media consumption
- Reach out for personalized support

Through the Assistance Program, mental health support is available. It may help to speak with a mental health professional for personalized support.

Additional resources that may be helpful:

- [Managing Stress in Times of Crisis | AllOne Health®](#)
- [Coping with Traumatic Events | AllOne Health®](#)
- [Helping Children Cope with Traumatic Events and Emergencies | AllOne Health®](#)
- [Media Coverage of Traumatic Events | AllOne Health®](#)

Your Employee Assistance Program is here to help. Feel free to reach out and connect anytime, 855-775-4357 or [visit online](#).