

Resources for Staying Emotionally Healthy in Times of Stress

In times of crisis, including 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.

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

Here are some additional 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

Additional resources that may be helpful:

[Managing Stress in Times of Crisis](#)

[Coping with Traumatic Events](#)

[Helping Children Cope with Traumatic Events and Emergencies](#)

[Media Coverage of Traumatic Events](#)

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