

Resources for Staying Emotionally Healthy in Times of Stress

In the wake of the recent Russian-Ukraine conflict, many people may be experiencing increased stress and emotions. We wanted to remind everyone that your assistance program is here to help, and you can always reach out to speak with a mental health clinician for personalized support.

Additionally, your member portal provides a wide range of resources and information to help stay emotionally healthy during times of crisis, tragedy, disaster and conflict, including:

[Media Coverage of Traumatic Events](#)

Watching traumatic news is related to stress

[Assistance for U.S. Citizens](#)

Government of Ukraine declares state of emergency

[Don't Try to Time the Market](#)

Various events can cause market fluctuations

[Coping with Traumatic Events](#)

[Helping Children Cope with Emergencies](#)

[Self Help and Coping](#)

[Helping Youth Cope with Stress](#)

[PTSD Family Coach: Mobile](#)

[Taking Care of Your Emotional Health](#)

Whether dealing with a global, national or personal crisis, here are a few healthy and practical tips to help maintain normalcy and reduce stress during difficult times.

Remain Connected

Sharing personal feelings with trusted loved ones and friends in the aftermath of a difficult situation can help build connection, resilience, recovery and growth. While respectful, open and healthy communication is encouraged, it is also important

to try to avoid emotionally-charged debates that may aggravate feelings of stress or anger.

Turn Off Media and Unplug

Incessantly monitoring the latest news and headlines or watching the same footage over and over often increases fear, insecurities and irrational thought. Check in periodically for relevant updates and stay informed on news pertaining to physical safety, but try to avoid watching TV, following social media 24/7, or browsing news online obsessively.

Give Back

When situations feel 'out of control,' it can be helpful to do something within your control. Whether it's sending a care package to someone who lost a loved one or helping with relief efforts for those who have lost homes and belongings in natural disasters, there are a variety of ways to be of service through challenging times.

Prioritize Self Care

Remember to engage in leisure activities that can take your mind off the stressful events occurring. Any number of activities can be relaxing, from reading a book to watching a movie, listening to music, or going to a museum, park or show. Get enough sleep, eat well, and remain active.

Turn to Your Assistance Program for Help

Dealing with a crisis of any scale is never easy to do alone. If stress or emotions feel overwhelming, don't wait to seek help. Your assistance program is a vital, available resource, with support and services to help build resiliency and learn coping strategies.

Contact ACI at 855.775.4357, rsli@acieap.com, or via the web at <https://rsli.acieap.com>.