

Civil Unrest: Tips For Coping



Staying calm during times of civil unrest will help you and your family cope and stay strong.

Protect your emotional health! Traumatic events surrounding civil unrest affect people in many ways. The emotional effects of loss and disruption may show up immediately or may appear many months later. These situations can cause unforeseen stress and trauma. Here are things to be aware of when processing the event:

Your initial feelings:

- Fear and disbelief
- Disorientation
- Safety and security

Possible later responses:

- Difficulty sleeping
- Anger and suspicion
- Depression and anxiety
- Frustration
- Loss of control

Effect on children:

- Nightmares and confusion
- Crying
- Withdrawal
- Inability to concentrate

After the crisis:

- Recognize your feelings
- Talk to others about the event
- Balance rest with physical activity
- Take time off and do something you enjoy

Help for your child:

- Talk with your child about their feelings and share what you're feeling, too
- Talk about what happened
- Reassure them that they are safe
- Review safety procedures that may be in place because of the event
- Spend extra time with your child
- Relax rules, but maintain family structure
- Praise their responsible behavior
- Work closely with teachers, daycare personnel, baby sitters and others about how the event impacted your child

Help for your community:

- Listen to those who are struggling
- Share your own feelings
- Be tolerant of any irritability others may show
- Share resources and offer help when you can

During a difficult time like civil unrest, remember your Best Care EAP benefits. Reach out to get the help you need.

To schedule an appointment with a counselor, complete our [Counseling Registration Form](#) found at www.BestCareEAP.org under the Forms tab. If you have issues with the form, please call Best Care EAP at (402) 354-8000 or (800) 801-4182 and we'll be glad to help.