



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

### Protect your emotional health!

Events surrounding heightened 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 for many.

#### Initial feelings

- Fear and disbelief
- Disorientation
- Safety and Security

#### Some Later Responses

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

#### Effects on Young Children

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

#### After the Crisis

##### Help for You and Your Family

- Recognize your own feelings.
- Talk to others.
- Take time off and do something you enjoy.
- Get enough rest.
- Get as much physical activity as possible.
- Give someone a hug.

#### Help for Your Child

- Talk with your child about their feelings and your feelings.
- Talk with your child about what happened.
- Reassure your child that they are safe.
- Review safety procedures that are now in place, including the role your child can take.
- Spend extra time with your child.
- Relax rules, but maintain family structure and responsibility.
- Praise and recognize responsible behavior.
- Work closely with teachers, day-care personnel, baby-sitters and others about how the situation has affected your child.

#### Help for Your Community

- Listen when you can to those who are having problems.
- Share your own feelings.
- Be tolerant of the irritability and short tempers others show.
- Share information on assistance being offered and possible resources like Best Care Employee Assistance Program.

**Best Care EAP counselors are ready to help in any way they can. Assistance is confidential and free. To speak with a counselor, call the emotional response help line 800-801-4182.**

Sources: American Red Cross; Trauma Information Pages



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[BestCareEAP.org](http://BestCareEAP.org)