



Coping in Global Crises: Protecting Your Mental Health While Supporting Loved Ones

Staying Strong During Challenging Times

In today's world, many of us have loved ones scattered all across the globe. Connecting with them regularly can be difficult in the best of times, however, during moments of global crises; whether due to natural disasters, political unrest, or even personal emergencies, it becomes even harder. Being far from family and friends during these critical times can be quite overwhelming.

We understand how emotionally challenging this can be and the toll this can have on one's mental health. As your Employee Assistance Program, we are here to support you and your direct family members. In this flyer you will find guidance and practical tips to help you maintain your mental health whilst navigating these difficult and high pressure times. Remember, its ok to prioritize your wellbeing even when your heart is with those far away.

Stay Informed But Limit Media Exposure



Set specific times to check for updates, this will avoid the increased anxiety that comes with excessive consumption of negative information. Use reliable and trusted news sources to avoid misinformation.

Maintain Connection with Family



It is natural to feel helpless, but staying connected is more important than ever for your peace of mind and their well-being. Define times for regular check ins in order to ensure your connections are successful.

Focus on What You Can Control



In a crisis, there are many things out of your control. Focus on actions you can take, such as maintaining communication, providing emotional support or even providing financial or material support.

Lean on Your Community



Connect with others who may be going through similar situations. Share coping strategies and emotional support.

Engage in Positive Activities



Attempt to maintain your usual routines to ground yourself. Avoid overexercising yourself or over distracting as a bid to flee your emotions.

Prioritize Self-Care



Allow yourself to feel anxious, worried or sad. Acknowledge these feelings without passing judgement as suppressing them can lead to more stress. Maintain healthy habits such as eating well & exercising.

Accessing Support

If you are personally affected by the issues discussed above, we encourage you to seek support through your Employee Assistance Program (EAP). This confidential service is available 24/7, ensuring that help is accessible whenever you need it, no matter the time of the day. Whether you are facing emotional stress, anxiety or simply in need of support in navigating a difficult situation you can connect directly

with a trained clinician who will listen and provide support. Reaching out is a powerful step toward taking care of yourself and the EAP is ready to offer the resources and guidance you need during these challenging times.

