



COPING WITH DISASTER

We are all affected by the current disaster and can have emotional and stress reactions. Staying safe comes first. UTEAP wants you to know that the Employee Assistance Program is available to help you deal confidentially with the many needs that you and your family may be experiencing. Our staff can help guide you to resources through our worklife services as well as provide you with assistance for counseling for you and your family members.

It can help to remember:

- It is normal to feel anxious about safety for yourself, your family, friends and even strangers.
- Deep sadness, grief and anger are normal reactions.
- Focusing on your strengths and abilities can help you and others heal.
- It is healthy to accept help from community programs and resources.
- Everyone has different ways to cope and meet their needs however if you see a co-worker or family member struggling, call the EAP for assistance.

Easing your stress:

- Limit the time you spend watching media coverage of the event.
- Talk with someone about your feelings.
- Seek help from counselors available through the EAP.
- Eat healthy, get rest when possible, and use deep breathing to regulate your stress.
- Limit demanding tasks but keep up your routine as best as you can.
- Although it may feel that there is no way out of the overwhelming feelings or situation, speak with someone who can help you focus on the things you can control. Brief phone counseling is available for those who just want to speak with someone now.
- Spend time helping another person who may also be suffering.
- If you are able to assist with rescue or donations, remember to use reputable services to prevent fraud.
- Stay in touch with your supervisor or leadership so that you can understand next steps for your work and safety.

Employee Assistance Program:

1-800-346-3549

www.mylifevalues.com

Username/Password: uteap/uteap