

# Standing Together During Difficult Times

Several recent situations in the news including the tragedy in Minneapolis, are weighing on the hearts and minds of many. Our minds are flooded with questions, our bodies filled with fluctuating emotions, and our spirit consumed with an eroding sense of security. Many of us are concerned about the well-being of our children, significant others, family and friends.



Today's mobile communications, technology and 24-hour news cycles enable real-time updates that make connecting to a traumatic event easy. This continuous access to the details allows everyone to feel a connection to the victims, their families, and the community impacted. The reactions may vary from person to person, and the grieving process is unique to each individual. Although the degree to which we are impacted may vary, one thing we can all do is empathize and provide a listening ear to one another. Being patient with one another as we attempt to gather our emotions and thoughts can stabilize people through troubling times.

## As individuals process the news and initially react, their experiences may include:

### Physical Symptoms

- headaches
- muscle tension
- upset stomach
- chest tightening
- fatigue

### Emotional Symptoms

- sadness
- anxiety or worry
- irritability or anger
- shock/numbness
- restlessness

### Behavioral Symptoms

- decreased focus
- forgetfulness
- increased errors
- withdrawal
- outbursts

## Tips for aiding ourselves:

- Access support from those who share common values and concerns. This will enable the healing process to begin, and will provide a solid foundation as we attempt to gather ourselves.
- Monitor exposure to all media outlets. The ease of access to the details and specifics involved in recent incidents can intensify our emotions and make it challenging to function.
- Accept that tragedy is painful, and finding solutions to the problem and answers to our questions will be difficult.

## Tips for aiding others:

- Every individual has their own unique experiences that create their reaction. Listening and supporting the needs of others while refraining from sharing your personal opinions is of the utmost importance.
- Many are struggling with "normal" routines given COVID-19. These tragedies become yet another thing for all including children to process and manage with regard to their emotions. Remembering to keep your emotions under control can help children as they navigate these tragic events.

The recent events including what took place in Minneapolis, may change the way we view our society and how we live in it. Life will not be the same after this year, but we can still try to make a positive impact with our fellow neighbor. Continue to offer a helping hand, a kind word and a giving spirit so we can all heal from these unfortunate tragedies.

Southwest EAP is available to provide assistance with the types of challenges we can all face in work or home life. If you are faced with a challenge, or would like to talk to someone about how these tragedies are affecting you, please call us to schedule a *confidential* appointment with one of our licensed professionals.

501-663-1797 or 800-777-1797

Visit us online at [Southwesteap.com](https://www.southwesteap.com) for additional topics and information.