

Resilience In Times of Uncertainty

For those who have family serving in the armed forces, friends working in Ukraine or neighboring countries, or relatives still residing in and around the potential conflict zones, there are real fears about what is happening the world. We recognize that images of military actions, including the discharging of weapons and war-related injuries can be highly upsetting—especially for those recovering from their own battlefield experiences.

Remember, if you feel that you are struggling—at any time—with what you are hearing, seeing, or reading, help is available. Reach out to a loved one or friend who may need support and remember to connect with Uprise Health. We can provide guidance and support to help you through these times of uncertainty.

Expand Your Coping Strategies

Being resilient through times of uncertainty is about accepting what you can and can't control, and realizing that if you want to thrive through the change then you must harness what you have control over, your thoughts, feelings and behaviors.

During times of change and uncertainty, we go through the psychological process of transition where we try to make sense of the event in terms of endings, letting go or leaving behind, loss, and the uncertainty and stress of new beginnings. While the inciting event can happen quickly, the transition period can linger. During the transition period, people frequently experience additional struggle and stress. Here are a few tips to help you cope:

Find a Healthy Habit: Consider activities that can soothe, distract, or discharge some nervous energy. These will be unique to each individual, but some ideas can include journaling, painting, calling or texting a friend, going for a walk, doing a guided meditation, or taking a bath.

Practice Self-Care: Now, more than ever is a time to prioritize your mental wellbeing. Take this time to slow down and rest. Nourish yourself, get enough sleep, and remember to be gentle with yourself.

Focus on What You Can Control: Having a daily routine can go along way in helping you manage your uncertainty. Try to keep a positive attitude and remember this feeling is only temporary.



RESOURCE LINKS

U.S. Embassy in Ukraine

<https://ua.usembassy.gov/security-alert-attack-on-ukraine-022422/>

CyberAttacks: Readiness & Protection

<https://www.ready.gov/cybersecurity>

Talking to Children About Deployment, War & Fear

<https://www.mhanational.org/helping-children-deal-deployment>

How to Talk to Children about Tragedies in the Media

<https://childdevelopmentinfo.com/how-to-be-a-parent/communication/talk-to-kids-media-violence/#gs.shmkh0>

We Are Here for You

Uprise Health is here to help members and their family with access to support services and short-term counseling.

Call: 800.395.1616

Website: <https://members.uprisehealth.com>

Use your access code provided by your employer or call for assistance.