



Resources *for* Living®

Coping with distress from current events

Distressing events can affect everyone who lives through them. Even people who experience these events only through the media can have emotional and stress reactions. These tips can help:

- **Remember you can only control some things.** Lots of what's happening isn't within anyone's control. But you can control your own actions and thoughts. Focus on what you can influence or manage – and not on things that are beyond your control.
- **Lean on your resilience.** Think about other difficult times you lived through and other challenges you've met head-on.

We've put together these resources in light of recent events in Ukraine:

[Coping after violence](#)

[Helping children cope with disaster](#)

[Stages of recovery from trauma and loss](#)

[Emotional recovery after a crisis guidebook](#)

Dealing with feelings during frightening times

Inner strength during challenging times

Post-traumatic stress disorder

Our staff is specially trained to assist in times of need. We're always here to provide you with emotional support and referrals to helpful resources.

And remember: You can call us 24/7 to talk about personal or work-related issues. We're always here for you.

**Call us any time for
in-the-moment
support and
resources.**

888-238-6232 (TTY: 711)

www.resourcesforliving.com

**Username: Pace
University**

Password: EAP

This information was brought to you by Resources For Living.

©2021 Resources For Living

44.36.350.1 RFL A (6/21)