



Coping with Uncertainty in Times of Conflict

Periods of conflict and rising tensions, whether due to civil unrest, political instability, or international disputes, can be deeply unsettling and leave many feeling uncertain and vulnerable. Whether you're directly affected or witnessing events unfold through the media or online, these situations can impact your emotional wellbeing in many different ways.

The Emotional Impact

The intensity and unpredictability of such situations can provoke a range of emotions, each influencing how you experience and cope with the unrest. Below are some examples of common feelings you might encounter. Remember, support is available to help you navigate these emotions.

- Anxiety about personal safety, the wellbeing of family and friends, and the overall situation
- Anger, frustration, or outrage in response to the events unfolding
- Sadness or grief over loss or destruction
- Confusion or uncertainty about what is happening, why it's happening, and how to respond
- Stress and overwhelm from the chaotic environment and constant exposure to unsettling news



Reducing Anxiety

Times of uncertainty due to conflict can often trigger anxiety because it disrupts the sense of safety and predictability that we rely on in our daily lives. This heightened state of alertness, while a natural response to danger, can lead to overwhelming stress and anxiety, even if we aren't directly impacted by the conflict. Below are some tips to help you reduce feelings of anxiety.



Limit News Consumption

While it's natural to want to stay informed during times of unrest, constant exposure to news and social media can quickly become overwhelming and amplify anxiety. Set specific times of day to check the news, rather than continuously scrolling or set alerts on your device for news updates. This approach helps you stay informed without becoming consumed.



Find Reliable News Sources

Focus on concise updates from trustworthy outlets that provide the essential information you need. Balancing your desire to stay updated with the need to protect your mental wellbeing is key during challenging times.



Finding Stability

You may feel overwhelmed by the unpredictability around you. One way to regain a sense of calm is by focusing on what you can control. Engage in simple tasks or activities, such as organising your space, cooking a meal, or taking a walk. These actions can help you feel more grounded and provide a sense of accomplishment. Additionally, maintaining a daily routine can create structure and a sense of normalcy.



Create a Safe Space

Surround yourself with comforting items, such as blankets, favorite books, or soothing scents, to create a sense of calm. Additionally, consider setting up a soothing environment by playing calming music, listening to audiobooks, or engaging in comforting activities like reading or watching your favorite show. These simple actions can help provide comfort and ease during difficult times.



Staying Connected

During times of conflict, it's easy to feel isolated and overwhelmed, especially when the world around you seems chaotic and unpredictable. Staying connected with others is a crucial element of emotional support and resilience. Whether it's reaching out to friends and family, joining online communities, or participating in local support groups, staying connected helps you feel less alone in your experiences.

Seek Social Support

Lean on trusted individuals such as family and friends who can offer emotional support. Be open with them about how you're feeling and what you need. Sometimes, just having someone to listen can make a world of difference. Don't hesitate to reach out even when you feel uncertain about what to say, often, the act of sharing is enough to ease some of the burden.

Regular Check-Ins

Schedule regular calls, video chats, or even simple text messages with friends and family. Consistent communication can help you feel supported and give you a chance to express your feelings. These check-ins provide a sense of routine and help combat feelings of isolation, especially during times of uncertainty.

Professional Support

Counselors and therapists are trained to help you navigate the complex emotions and challenges that arise from traumatic news or experiences. They can provide you with helpful coping strategies and a safe space to process your feelings.

As your Employee Assistance Program (EAP), we are here to support you 24/7, free of charge. Our dedicated professionals are ready to help you whenever you need it.



Crisis Support for You

Whether you're dealing with anxiety around conflict, traumatic news or facing any other life challenge, the TELUS Health counseling service is here to help. Our professionally trained staff are available to support you, free of charge, through a wide range of issues that may affect you or your family. Below are examples of the issues our counseling service can help you with.

- Stress
- Anxiety
- Grief and bereavement
- Addiction issues
- Depression
- Crisis and trauma

Getting in Touch

Through the Employee Assistance Program (EAP), you have access to compassionate and confidential support whenever you need it. Our services are available to you, toll-free, 24/7, 365 days a year.

By phone: **1-800-234-2939**

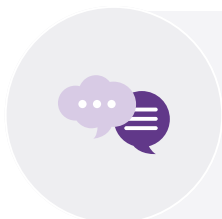
Online: **one.telushealth.com**

Username: COSB Password: LifeWorks

What can I expect when I call the EAP?



When you call our service, you will first speak with our qualified intake team. They will take the time to understand your needs and ensure that counseling is the right support for you. While counseling may not be the best fit for every situation, we are here to listen and provide guidance.



If the situation is urgent, you will have immediate access to support. You will be matched with a counselor or specialist best suited to your needs, who can provide guidance and appropriate support.



If the situation is not urgent, our team will then arrange for you to speak to someone at a later date and time that suits you. We have a range of experts you can be connected with for in-person or virtual support.