

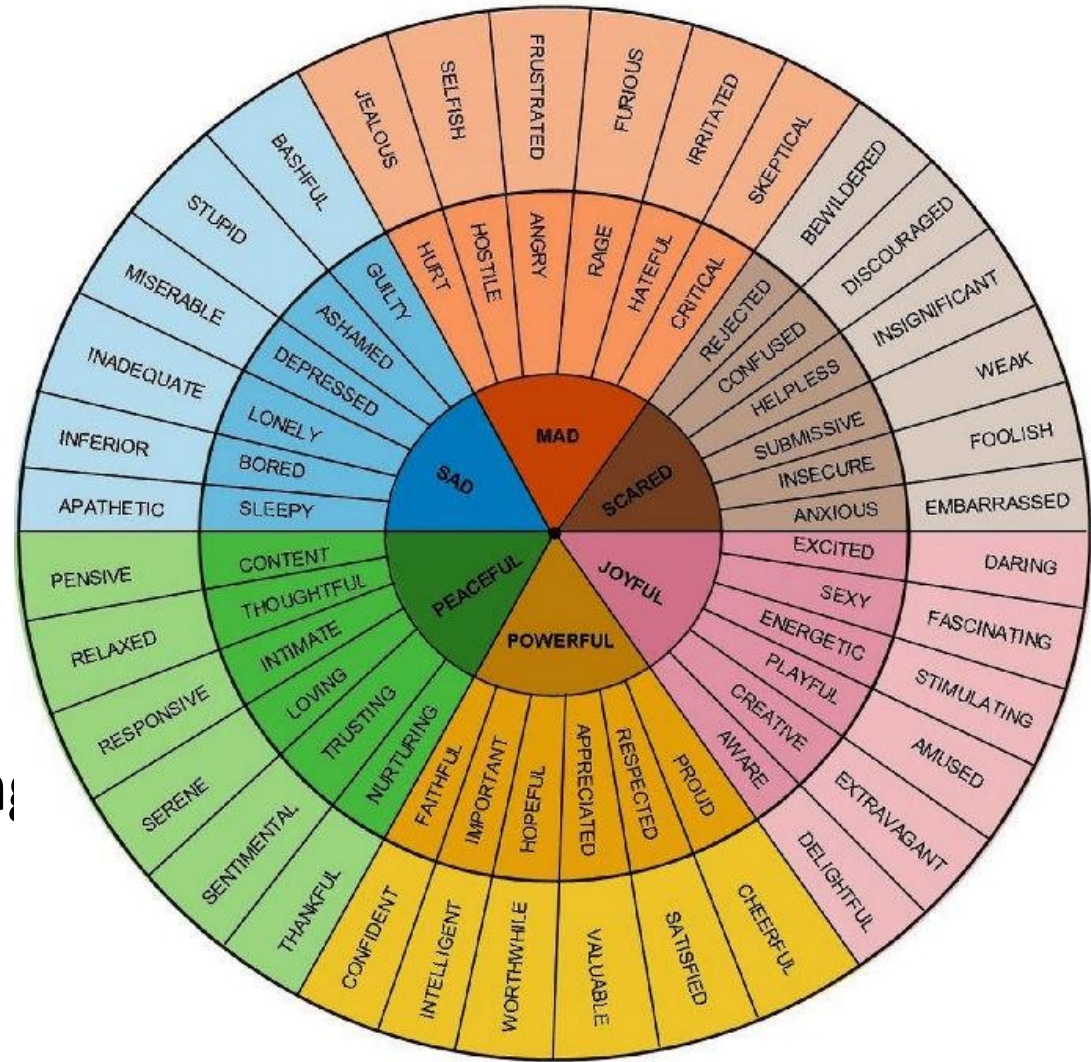
Getting Support During Moments of Uncertainty



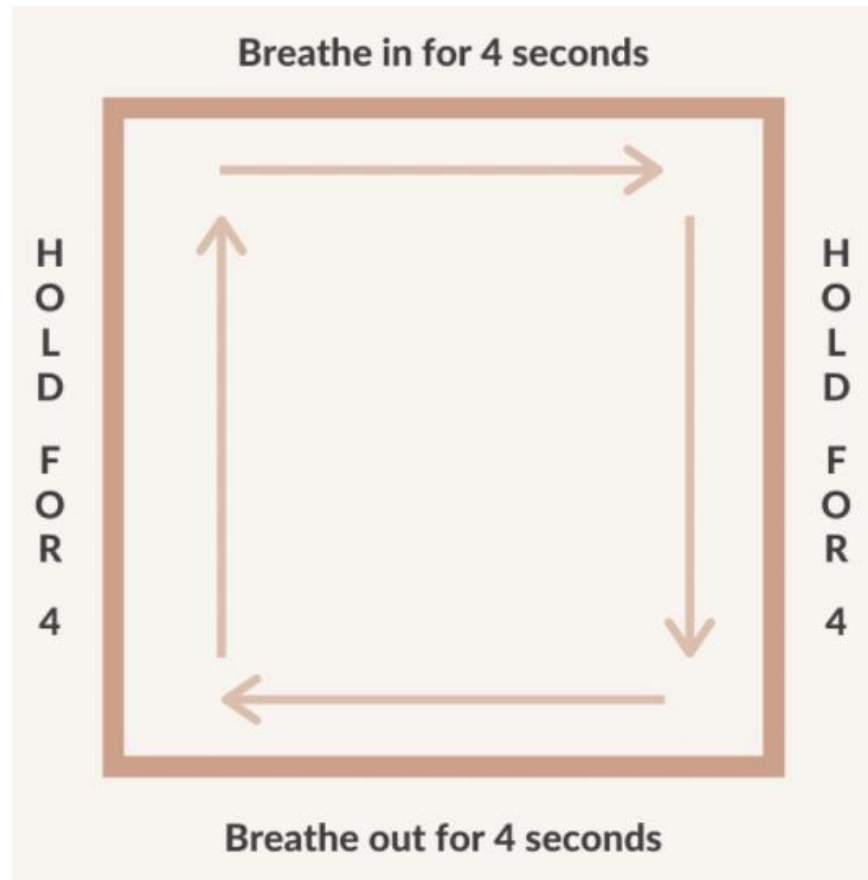
3/4/2022

Identifying your feelings

- Checking in with yourself regularly is an act of self-awareness and self-care!
- This invites you to understand what you are feeling and how that can be impacting your perspective in the moment.



Returning to your breath



Considering what you are consuming

- Notice what you are paying attention to and how often you are engaging in it.
 - This can be news, arguments, social media, reality tv, food, etc.
 - How is this making you feel?
- Find short term solutions that allow you to spend time being mindful, in your body, moving, and breathing.
- Set clear boundaries around things that are causing you additional stress.

Lessons from your past

- Think about what was helpful in the past when you experienced uncertainty.
- How have you coped with adversity or ambiguity in other situations?
- Here are some ideas:
 - social time; time alone; journaling; drawing; cooking; praying; gardening; physical activity; singing; family time; being out in nature; doing a puzzle; listening to a podcast

Connecting with others

- Taking action is a way to connect with your values and with others
- Our EAP Concern offered the following list of organizations that have been compiled by Ukrainians: <https://ukrainewar.carrd.co/>
- You can find a sense of purpose by supporting meaningful organizations.
- You could volunteer time, donate money, or even raise awareness for a cause that matters to you!

Support from EAP, Concern

- The following services are available to all full-time employees working 30+ hours/week, and to their spouse/domestic partner and dependent children up to age 26:
 - **Counseling.** Up to 5 sessions per person, per issue, per year.
 - **Coaching.** Up to four 30-minute sessions per person, per year.
 - **Financial.** Up to two 30-minute consultations per issue, per year, with reduction in standard fee if you retain their services.
 - **Legal.** 30-minute consultation per issue, per year. If you retain the attorney, you will receive a 25% reduction off their normal hourly rate.

Mental health support from your benefits

Kaiser and United Health Care both offer mental health support.

- Kaiser member: you can call the number on the back of your card and request authorization for mental health services through Beacon.
- UHC member: you do not need authorization to get mental health support.

Suggestion to find an ongoing therapist:

- Foresight Mental Health (accepts Kaiser/Beacon and United Health Care)
- InclusiveTherapists.com

Mindfulness offerings: eMLife

The screenshot displays the eMLife website interface. At the top left is the eMLife logo. A search bar contains the text "Find programs, teachers, etc...". The navigation menu includes links for HOME, LIVE, ON-DEMAND (which is highlighted), TEACHERS, 1% CHALLENGE, APPS, BLOG, and THE CONNECTION. A user profile icon labeled "rfadda" is in the top right. Below the navigation is a "Sort Results" dropdown menu set to "Recommended for You". The main content area is titled "All On-Demand Programs" and features a grid of program cards. On the left side of this area are filter sections: "Enhanced Only" (a toggle switch), "Categories" (checkboxes for Stress, COVID-19, Diverse Perspectives, Sleep, and Relationships), and "Number of Episodes" (checkboxes for Single Episode, 2 - 5 Episodes, and 5+ Episodes). A "SHOW MORE" button is below the categories, and a "CLEAR FILTERS" button is at the bottom left. The program cards shown are: "7 Days of Tuning In" (7 Episodes), "Gratefully All In" (Single Episode), "7 Days of Managing Workplace Stress" (7 Episodes), "7 Days of Mindful Intentions", "7 Days of Loving Yourself", and "Full of Feelings". Each card includes a "DETAILS" button.

Sign up for your account by visiting employees.concernhealth.com
Company Code: **ioaging**

Immediate support from Concern

- Concern advocates are available to support you 24/7!
- Call any time at **1-800-344-4422**
- Connect online at **employees.concernhealth.com**
 - Company Code: **ioaging**