



Managing Mental Health During Civil Unrest

The unrest playing out in cities across America has affected the mental well-being of everyone in the country. At a time when Americans are already suffering under the emotional toll of COVID-19, these pressures threaten to undermine the sense of stability of so many Americans. BHS believes that all forms of racism and racial discrimination affect mental health and well-being negatively. We must stop racism in all its forms, embracing multiculturalism, diversity and greater inclusion. During times of unrest, it is vitally important for affected individuals to focus on addressing both their physical and mental health needs. Try as we might, it is difficult to escape feeling stressed or anxious as we all navigate through this current reality. If you are feeling a bit overwhelmed, try the following tips to help you cope with the anxiety and stress:

- **Take time out.** Take time out from the media. Limit your time consuming news stories and checking social media. Take time to read, meditate, practice yoga, listen to music or use aroma therapy. Stepping back and taking time for yourself will help with managing anxiety.
- **Limit alcohol and caffeine.** Alcohol and caffeine can actually increase feelings of anxiety.
- **Think positive.** At times, it may seem impossible to think positively, especially when you feel anxious and overwhelmed by worry, but it is possible. Practice positive affirmations, positive self-talk and gratitude. Keep focusing on what is important to you and the things that you can control.

It is perfectly normal to feel anxious and worried during stressful times. If you are feeling anxious because of the civil unrest ongoing in America, please do not hesitate contact BHS.

ACCESSING YOUR BENEFITS

Accessing your EAP benefits begins with a call to BHS.



Your BHS Care Coordinator is available Monday-Friday from 7:00 am—5:30 pm CT by calling 800-245-1150.

For more information, visit: behavioralhealthsystems.com.
Login to MemberAccess to learn more about your EAP.



BEHAVIORAL HEALTH SYSTEMS

Behavioral Healthcare Programs for Business & Industry Since 1989

800-245-1150 • www.behavioralhealthsystems.com