

Help starts here

Optum Employee Assistance Programme

Russia/Ukraine conflict — crisis support and resources

The current news is disturbing and disheartening. As the conflict escalates, the emotional toll for many — especially those with strong connections to the region — is heavy. You, your families, your colleagues and your friends may experience stress and anxiety. The Optum Employee Assistance Programme (EAP) offers the below resources and tools to help support you in this very difficult time.

Tips for managing the days ahead

- **Acknowledge your thoughts and feelings** and talk with your friends, family and/or supportive people in your network.
- **Stay informed but set boundaries for social media and news consumption.** You don't have control over what is happening in the world, but, when able, try disconnecting from your devices.
- **Identify what is and is not in your scope of control and influence,** and focus on the things in your control.
- **Get involved.** Take actions that align with your values and that give you a sense of control and influence.
- **Prioritize your health.** Such as, eating healthy foods, getting physical activity and practicing [good sleep hygiene](#).
- **Minimize/eliminate negative interactions with others.** Political and social conflict can make for emotionally charged conversations. In the interest of self-preservation and self-care, stepping away from difficult conversations or changing the subject might be the best direction.
- **Seek calm.** Reduce stress through mindfulness and meditation practices.
- **Get help.** Watch for self-talk about “being strong,” “going it alone” or not wanting to “burden” others. When emotional challenges are big, it's reasonable — and can be beneficial — to reach out to a friend, family member or mental health professional.



For more information and additional resources from Optum EAP, please visit livewell.optum.com

Optum Employee Assistance Programme (EAP) resources

These EAP on-demand webinars may provide support during this time:

- [Stress Management: Roll Breathing](#)
- [7 Ways to Build Resilience](#)
- [Anxiety: How to Change Anxious Thoughts](#)

Resources for families with children

- [How to Talk to Kids About Violence, Crime and War](#)
- [Talking to Your Kids About War](#)
- [Helping Children and Adolescents Cope with Violence and Disasters: What Parents Can Do](#)

Self-care and mindfulness tools and resources

- [Relax — Tips for Better Sleep During Difficult Times](#)
- [Self-care Wheel \(PDF\)](#)
- [Four Square Breathing](#)



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